

◆第28表の1◆ ヘモグロビンA_{1c}の分布（男，年齢階級別）

（%）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|------------|------------|------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|
| | | 100.0 (2,100) | 100.0 (161) | 100.0 (263) | 100.0 (268) | 100.0 (402) | 100.0 (510) | 100.0 (496) | 100.0 (262) | 100.0 (238) | 100.0 (144) | 100.0 (77) | 100.0 (37) |
| 男 | 総数 (実数) | 100.0 (2,100) | 100.0 (161) | 100.0 (263) | 100.0 (268) | 100.0 (402) | 100.0 (510) | 100.0 (496) | 100.0 (262) | 100.0 (238) | 100.0 (144) | 100.0 (77) | 100.0 (37) |
| | 3.9%未満 | 0.2 | 0.6 | 0.4 | 0.0 | 0.2 | 0.4 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.0～4.1 | 0.1 | 0.6 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.2～4.3 | 1.1 | 4.3 | 1.1 | 3.0 | 0.2 | 0.6 | 0.4 | 0.8 | 0.8 | 0.0 | 0.0 | 0.0 |
| | 4.4～4.5 | 2.2 | 7.5 | 6.5 | 2.6 | 0.7 | 0.6 | 1.0 | 0.4 | 0.4 | 1.4 | 0.0 | 5.4 |
| | 4.6～4.7 | 7.3 | 22.4 | 15.2 | 10.4 | 6.2 | 2.7 | 2.2 | 2.3 | 2.9 | 0.7 | 2.6 | 2.7 |
| | 4.8～4.9 | 13.5 | 24.2 | 19.4 | 16.0 | 13.4 | 10.8 | 8.5 | 11.1 | 5.9 | 15.3 | 5.2 | 5.4 |
| | 5.0～5.1 | 18.2 | 21.1 | 25.1 | 20.5 | 18.9 | 15.3 | 14.7 | 15.3 | 11.8 | 12.5 | 27.3 | 16.2 |
| | 5.2～5.3 | 19.0 | 15.5 | 17.1 | 20.1 | 23.4 | 19.2 | 16.9 | 20.2 | 18.9 | 17.4 | 15.6 | 5.4 |
| | 5.4～5.5 | 14.1 | 1.2 | 10.3 | 14.6 | 12.2 | 16.7 | 19.2 | 16.0 | 20.2 | 14.6 | 19.5 | 29.7 |
| | 5.6～5.7 | 6.7 | 1.2 | 1.9 | 4.5 | 6.5 | 8.8 | 10.1 | 6.9 | 8.8 | 11.8 | 11.7 | 8.1 |
| | 5.8～5.9 | 4.0 | 0.0 | 0.8 | 2.2 | 3.7 | 6.3 | 5.8 | 6.9 | 7.6 | 5.6 | 3.9 | 0.0 |
| | 6.0 | 1.8 | 0.0 | 0.4 | 0.4 | 2.2 | 1.2 | 4.2 | 0.8 | 4.2 | 4.2 | 2.6 | 8.1 |
| | 6.1 | 0.9 | 0.0 | 0.0 | 0.7 | 1.7 | 0.4 | 1.6 | 0.0 | 1.7 | 1.4 | 2.6 | 0.0 |
| | 6.2 | 1.0 | 0.0 | 0.0 | 0.0 | 1.0 | 1.6 | 1.8 | 1.5 | 1.3 | 2.1 | 1.3 | 5.4 |
| | 6.3 | 0.6 | 0.6 | 0.0 | 0.0 | 0.2 | 1.2 | 0.8 | 1.1 | 0.8 | 1.4 | 0.0 | 0.0 |
| | 6.4 | 0.9 | 0.0 | 0.0 | 0.0 | 0.2 | 2.0 | 1.6 | 2.7 | 2.5 | 0.0 | 2.6 | 0.0 |
| | 6.5 | 0.7 | 0.0 | 0.0 | 0.7 | 0.5 | 0.6 | 1.6 | 0.8 | 1.7 | 2.1 | 0.0 | 2.7 |
| | 6.6 | 0.6 | 0.0 | 0.0 | 0.7 | 0.2 | 0.6 | 1.2 | 1.1 | 0.8 | 2.1 | 0.0 | 2.7 |
| | 6.7 | 0.6 | 0.0 | 0.0 | 0.4 | 0.5 | 0.8 | 1.0 | 1.5 | 1.7 | 0.7 | 0.0 | 0.0 |
| | 6.8 | 0.2 | 0.0 | 0.0 | 0.0 | 0.5 | 0.2 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 |
| | 6.9 | 0.5 | 0.0 | 0.0 | 0.4 | 1.0 | 0.2 | 1.0 | 0.4 | 0.8 | 1.4 | 1.3 | 0.0 |
| | 7.0～7.1 | 0.7 | 0.0 | 0.0 | 0.0 | 0.5 | 1.4 | 1.2 | 1.1 | 1.7 | 0.7 | 0.0 | 2.7 |
| | 7.2～7.3 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.6 | 0.0 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 7.4～7.5 | 0.6 | 0.0 | 0.0 | 0.0 | 0.2 | 1.4 | 1.0 | 1.5 | 1.7 | 0.7 | 0.0 | 0.0 |
| | 7.6～7.7 | 0.3 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.6 | 0.4 | 1.3 | 0.0 | 0.0 | 0.0 |
| 7.8～7.9 | 0.5 | 0.0 | 0.0 | 0.0 | 1.0 | 0.6 | 0.6 | 0.8 | 0.0 | 1.4 | 0.0 | 2.7 | |
| 8.0～8.1 | 0.6 | 0.6 | 0.0 | 0.0 | 0.5 | 0.8 | 1.0 | 0.4 | 0.4 | 0.7 | 2.6 | 2.7 | |
| 8.2～8.3 | 0.4 | 0.0 | 0.0 | 0.4 | 0.5 | 0.8 | 0.2 | 1.1 | 0.0 | 0.7 | 0.0 | 0.0 | |
| 8.4～8.5 | 0.1 | 0.0 | 0.0 | 0.4 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 8.6～8.7 | 0.3 | 0.0 | 0.0 | 0.0 | 0.7 | 0.2 | 0.6 | 0.4 | 0.4 | 0.7 | 1.3 | 0.0 | |
| 8.8～8.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 9.0%以上 | 1.9 | 0.0 | 1.1 | 1.9 | 2.2 | 3.5 | 0.8 | 3.4 | 1.3 | 0.7 | 0.0 | 0.0 | |
| 6.1%以上(再掲) | 11.6 | 1.2 | 1.5 | 5.6 | 12.2 | 17.5 | 16.9 | 19.1 | 18.5 | 16.7 | 11.7 | 18.9 | |
| 平均値 % | 5.43 | 4.89 | 5.07 | 5.24 | 5.48 | 5.66 | 5.60 | 5.69 | 5.64 | 5.58 | 5.50 | 5.61 | |
| 標準偏差 | 0.92 | 0.41 | 0.75 | 0.81 | 0.96 | 1.10 | 0.78 | 1.14 | 0.80 | 0.80 | 0.70 | 0.80 | |

◆第28表の1◆ ヘモグロビンA_{1c}の分布（女，年齢階級別）

（%）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|------------|------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| 女 | 総数 (実数) | 100.0 (3,185) | 100.0 (243) | 100.0 (461) | 100.0 (474) | 100.0 (663) | 100.0 (686) | 100.0 (658) | 100.0 (355) | 100.0 (283) | 100.0 (198) | 100.0 (113) | 100.0 (64) |
| | 3.9%未満 | 0.1 | 0.0 | 0.2 | 0.0 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.0～4.1 | 0.2 | 0.0 | 0.4 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 |
| | 4.2～4.3 | 0.7 | 1.2 | 1.7 | 0.6 | 0.5 | 0.1 | 0.5 | 0.3 | 0.0 | 1.0 | 0.9 | 0.0 |
| | 4.4～4.5 | 2.6 | 9.5 | 4.3 | 3.6 | 1.8 | 0.7 | 0.8 | 0.3 | 0.4 | 1.0 | 1.8 | 0.0 |
| | 4.6～4.7 | 7.2 | 19.3 | 11.7 | 11.0 | 5.4 | 3.5 | 2.3 | 3.7 | 2.1 | 2.5 | 1.8 | 3.1 |
| | 4.8～4.9 | 12.7 | 28.0 | 18.0 | 15.6 | 11.3 | 6.9 | 8.7 | 6.2 | 10.2 | 7.1 | 8.8 | 6.3 |
| | 5.0～5.1 | 20.4 | 23.5 | 30.6 | 24.5 | 17.8 | 17.1 | 15.2 | 16.1 | 14.1 | 14.1 | 16.8 | 20.3 |
| | 5.2～5.3 | 19.6 | 10.7 | 16.9 | 19.0 | 23.7 | 19.5 | 21.3 | 19.7 | 20.5 | 17.7 | 24.8 | 29.7 |
| | 5.4～5.5 | 15.2 | 6.2 | 8.9 | 13.5 | 17.9 | 19.2 | 17.2 | 18.0 | 17.3 | 16.7 | 19.5 | 14.1 |
| | 5.6～5.7 | 8.2 | 1.2 | 4.1 | 5.1 | 9.0 | 11.5 | 11.6 | 13.5 | 12.0 | 10.1 | 11.5 | 14.1 |
| | 5.8～5.9 | 4.1 | 0.0 | 0.7 | 2.7 | 4.1 | 6.9 | 5.9 | 7.9 | 5.7 | 6.6 | 5.3 | 6.3 |
| | 6.0 | 1.6 | 0.0 | 0.2 | 1.3 | 2.1 | 2.0 | 2.4 | 1.7 | 1.4 | 5.6 | 0.9 | 0.0 |
| | 6.1 | 1.2 | 0.0 | 0.9 | 0.4 | 1.1 | 1.3 | 2.3 | 2.0 | 3.2 | 2.5 | 0.0 | 1.6 |
| | 6.2 | 0.6 | 0.0 | 0.2 | 0.6 | 0.3 | 1.3 | 0.8 | 2.3 | 0.7 | 1.5 | 0.0 | 0.0 |
| | 6.3 | 0.5 | 0.4 | 0.0 | 0.2 | 0.2 | 0.6 | 1.5 | 0.3 | 2.1 | 1.5 | 0.9 | 0.0 |
| | 6.4 | 0.4 | 0.0 | 0.0 | 0.0 | 0.3 | 0.9 | 0.6 | 0.6 | 0.7 | 1.0 | 0.0 | 0.0 |
| | 6.5 | 0.3 | 0.0 | 0.2 | 0.0 | 0.0 | 0.7 | 0.8 | 0.8 | 0.0 | 2.0 | 0.9 | 0.0 |
| | 6.6 | 0.4 | 0.0 | 0.0 | 0.0 | 0.6 | 0.7 | 0.5 | 0.3 | 0.7 | 0.5 | 0.0 | 0.0 |
| | 6.7 | 0.2 | 0.0 | 0.0 | 0.4 | 0.0 | 0.6 | 0.2 | 0.6 | 0.0 | 0.5 | 0.0 | 0.0 |
| | 6.8 | 0.3 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 1.1 | 0.6 | 0.7 | 1.5 | 0.9 | 1.6 |
| | 6.9 | 0.3 | 0.0 | 0.0 | 0.2 | 0.2 | 0.4 | 0.5 | 0.6 | 0.7 | 0.5 | 0.0 | 0.0 |
| | 7.0～7.1 | 0.6 | 0.0 | 0.2 | 0.0 | 0.3 | 1.2 | 1.1 | 1.4 | 0.7 | 1.5 | 1.8 | 0.0 |
| | 7.2～7.3 | 0.3 | 0.0 | 0.2 | 0.0 | 0.2 | 0.6 | 0.6 | 0.3 | 0.7 | 1.0 | 0.0 | 0.0 |
| | 7.4～7.5 | 0.3 | 0.0 | 0.0 | 0.0 | 0.3 | 0.4 | 0.5 | 0.3 | 1.1 | 0.0 | 0.0 | 0.0 |
| | 7.6～7.7 | 0.3 | 0.0 | 0.2 | 0.2 | 0.0 | 0.3 | 0.6 | 0.6 | 1.4 | 0.0 | 0.0 | 0.0 |
| | 7.8～7.9 | 0.3 | 0.0 | 0.0 | 0.2 | 0.2 | 0.7 | 0.5 | 0.3 | 0.7 | 0.0 | 0.0 | 1.6 |
| 8.0～8.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.6 | 0.3 | 0.4 | 1.0 | 0.9 | 0.0 | |
| 8.2～8.3 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 0.3 | 0.5 | 0.3 | 0.0 | 1.0 | 0.9 | 0.0 | |
| 8.4～8.5 | 0.2 | 0.0 | 0.2 | 0.0 | 0.5 | 0.0 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | |
| 8.6～8.7 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.2 | 0.3 | 0.0 | 0.5 | 0.0 | 0.0 | |
| 8.8～8.9 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 9.0%以上 | 0.9 | 0.0 | 0.0 | 0.8 | 1.5 | 0.7 | 1.5 | 1.1 | 2.1 | 0.5 | 1.8 | 1.6 | |
| 6.1%以上(再掲) | 7.6 | 0.4 | 2.2 | 3.2 | 5.9 | 12.4 | 14.1 | 12.7 | 16.3 | 17.2 | 8.0 | 6.3 | |
| 平均値 % | 5.34 | 4.91 | 5.05 | 5.19 | 5.38 | 5.53 | 5.57 | 5.54 | 5.62 | 5.58 | 5.51 | 5.43 | |
| 標準偏差 | 0.78 | 0.29 | 0.42 | 0.66 | 0.89 | 0.80 | 0.91 | 0.81 | 0.97 | 0.76 | 1.07 | 0.69 | |

◆第28表の2◆ ヘモグロビンA_{1c}の分布（全国，年齢階級別）

(%)

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|------------|------------|---------|--------|--------|--------|---------|---------|---------|----------------|----------------|----------------|----------------|---------------|
| | | (5,070) | (404) | (719) | (730) | (1,029) | (1,126) | (1,062) | (575) | (478) | (309) | (179) | (96) |
| 全 国 | 総数 (実数) | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 |
| | 3.9%未満 | 0.2 | 0.2 | 0.3 | 0.0 | 0.2 | 0.3 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.0～4.1 | 0.1 | 0.2 | 0.4 | 0.0 | 0.2 | 0.0 | 0.1 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 |
| | 4.2～4.3 | 0.9 | 2.5 | 1.5 | 1.5 | 0.4 | 0.4 | 0.4 | 0.5 | 0.2 | 0.6 | 0.6 | 0.0 |
| | 4.4～4.5 | 2.5 | 8.7 | 5.1 | 3.3 | 1.5 | 0.7 | 0.9 | 0.3 | 0.4 | 1.3 | 1.1 | 2.1 |
| | 4.6～4.7 | 7.5 | 20.5 | 13.1 | 10.8 | 5.9 | 3.4 | 2.4 | 3.3 | 2.7 | 1.9 | 2.2 | 3.1 |
| | 4.8～4.9 | 13.5 | 26.5 | 18.6 | 16.0 | 12.4 | 9.0 | 9.0 | 8.7 | 8.8 | 11.0 | 7.8 | 6.3 |
| | 5.0～5.1 | 20.2 | 22.5 | 28.7 | 23.3 | 18.7 | 17.3 | 16.0 | 16.9 | 14.0 | 14.9 | 21.2 | 19.8 |
| | 5.2～5.3 | 20.1 | 12.6 | 17.1 | 19.7 | 24.2 | 20.6 | 20.9 | 21.4 | 21.3 | 19.1 | 22.3 | 21.9 |
| | 5.4～5.5 | 15.3 | 4.2 | 9.3 | 14.0 | 16.3 | 19.2 | 19.4 | 18.3 | 20.3 | 17.2 | 20.1 | 20.8 |
| | 5.6～5.7 | 7.8 | 1.2 | 3.2 | 4.9 | 8.3 | 10.8 | 11.6 | 11.3 | 11.3 | 11.7 | 12.3 | 11.5 |
| | 5.8～5.9 | 4.1 | 0.0 | 0.7 | 2.3 | 4.0 | 6.9 | 6.3 | 7.8 | 6.9 | 6.8 | 5.0 | 4.2 |
| | 6.0 | 1.7 | 0.0 | 0.3 | 1.0 | 2.1 | 1.8 | 3.3 | 1.4 | 2.9 | 4.9 | 1.7 | 3.1 |
| | 6.1 | 1.1 | 0.0 | 0.6 | 0.5 | 1.4 | 1.0 | 2.1 | 1.2 | 2.5 | 2.3 | 1.1 | 1.0 |
| | 6.2 | 0.7 | 0.0 | 0.1 | 0.3 | 0.6 | 1.3 | 1.0 | 1.7 | 0.8 | 1.6 | 0.6 | 1.0 |
| | 6.3 | 0.4 | 0.5 | 0.0 | 0.1 | 0.2 | 0.7 | 0.8 | 0.3 | 1.0 | 1.0 | 0.0 | 0.0 |
| | 6.4 | 0.4 | 0.0 | 0.0 | 0.0 | 0.3 | 1.0 | 0.8 | 1.0 | 0.8 | 0.6 | 1.1 | 0.0 |
| | 6.5 | 0.4 | 0.0 | 0.1 | 0.3 | 0.2 | 0.7 | 0.8 | 0.9 | 0.6 | 1.6 | 0.6 | 0.0 |
| | 6.6 | 0.4 | 0.0 | 0.0 | 0.1 | 0.5 | 0.5 | 0.6 | 0.5 | 0.6 | 0.6 | 0.0 | 1.0 |
| | 6.7 | 0.2 | 0.0 | 0.0 | 0.3 | 0.0 | 0.4 | 0.4 | 0.7 | 0.6 | 0.3 | 0.0 | 0.0 |
| | 6.8 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.2 | 0.2 | 0.2 | 0.0 | 0.0 | 1.0 |
| | 6.9 | 0.3 | 0.0 | 0.0 | 0.3 | 0.5 | 0.4 | 0.2 | 0.5 | 0.2 | 0.3 | 0.0 | 0.0 |
| | 7.0～7.1 | 0.4 | 0.0 | 0.1 | 0.0 | 0.3 | 0.7 | 0.7 | 0.9 | 0.4 | 1.0 | 1.1 | 0.0 |
| | 7.2～7.3 | 0.1 | 0.0 | 0.3 | 0.0 | 0.0 | 0.4 | 0.1 | 0.2 | 0.2 | 0.0 | 0.0 | 0.0 |
| | 7.4～7.5 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.2 | 0.3 | 0.4 | 0.0 | 0.0 | 0.0 |
| | 7.6～7.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.3 | 0.8 | 0.0 | 0.0 | 0.0 |
| 7.8～7.9 | 0.1 | 0.0 | 0.0 | 0.1 | 0.2 | 0.2 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 1.0 | |
| 8.0～8.1 | 0.2 | 0.2 | 0.0 | 0.0 | 0.1 | 0.4 | 0.4 | 0.2 | 0.2 | 0.3 | 0.6 | 1.0 | |
| 8.2～8.3 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.2 | 0.1 | 0.2 | 0.0 | 0.3 | 0.0 | 0.0 | |
| 8.4～8.5 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 8.6～8.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.2 | 0.0 | 0.2 | 0.3 | 0.0 | 0.0 | |
| 8.8～8.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 9.0%以上 | 0.7 | 0.0 | 0.4 | 0.8 | 1.2 | 0.8 | 0.7 | 0.7 | 1.0 | 0.0 | 0.6 | 1.0 | |
| 6.1%以上(再掲) | 6.1 | 0.7 | 1.7 | 3.2 | 5.8 | 9.7 | 9.6 | 9.9 | 11.1 | 10.4 | 5.6 | 7.3 | |
| 平均値% | 5.29 | 4.90 | 5.05 | 5.17 | 5.34 | 5.45 | 5.46 | 5.45 | 5.51 | 5.44 | 5.39 | 5.44 | |
| 標準偏差 | 0.68 | 0.35 | 0.54 | 0.63 | 0.77 | 0.71 | 0.68 | 0.68 | 0.73 | 0.57 | 0.69 | 0.68 | |

注) インスリン注射又は血糖を下げる薬服用者除外。

◆第28表の2◆ ヘモグロビンA_{1c}の分布（男，年齢階級別）

（%）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|------------|------------|---------|--------|--------|--------|--------|--------|-------|----------------|----------------|----------------|----------------|---------------|
| | | (1,986) | (161) | (262) | (262) | (384) | (469) | (448) | (236) | (216) | (128) | (71) | (33) |
| 男 | 総数 (実数) | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 |
| | 3.9%未満 | 0.3 | 0.6 | 0.4 | 0.0 | 0.3 | 0.4 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.0～4.1 | 0.1 | 0.6 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.2～4.3 | 1.2 | 4.3 | 1.1 | 3.1 | 0.3 | 0.6 | 0.2 | 0.8 | 0.5 | 0.0 | 0.0 | 0.0 |
| | 4.4～4.5 | 2.4 | 7.5 | 6.5 | 2.7 | 0.8 | 0.6 | 1.1 | 0.4 | 0.5 | 1.6 | 0.0 | 6.1 |
| | 4.6～4.7 | 7.8 | 22.4 | 15.3 | 10.7 | 6.5 | 3.0 | 2.5 | 2.5 | 3.2 | 0.8 | 2.8 | 3.0 |
| | 4.8～4.9 | 14.1 | 24.2 | 19.5 | 16.4 | 13.8 | 11.5 | 9.2 | 11.9 | 6.5 | 16.4 | 5.6 | 6.1 |
| | 5.0～5.1 | 19.0 | 21.1 | 24.8 | 20.6 | 19.5 | 16.6 | 15.8 | 16.9 | 12.5 | 14.1 | 28.2 | 18.2 |
| | 5.2～5.3 | 20.0 | 15.5 | 17.2 | 20.6 | 24.5 | 20.9 | 18.3 | 22.5 | 20.4 | 18.8 | 16.9 | 6.1 |
| | 5.4～5.5 | 14.8 | 1.2 | 10.3 | 14.5 | 12.8 | 17.9 | 21.0 | 17.4 | 22.2 | 16.4 | 19.7 | 33.3 |
| | 5.6～5.7 | 6.9 | 1.2 | 1.9 | 4.6 | 6.8 | 9.2 | 10.9 | 7.2 | 9.3 | 13.3 | 12.7 | 9.1 |
| | 5.8～5.9 | 4.2 | 0.0 | 0.8 | 2.3 | 3.9 | 6.8 | 6.5 | 7.6 | 8.3 | 6.3 | 4.2 | 0.0 |
| | 6.0 | 1.9 | 0.0 | 0.4 | 0.4 | 2.3 | 1.3 | 4.5 | 0.8 | 4.6 | 3.9 | 2.8 | 9.1 |
| | 6.1 | 1.0 | 0.0 | 0.0 | 0.8 | 1.8 | 0.4 | 1.8 | 0.0 | 1.9 | 1.6 | 2.8 | 0.0 |
| | 6.2 | 1.0 | 0.0 | 0.0 | 0.0 | 1.0 | 1.7 | 1.6 | 1.7 | 1.4 | 1.6 | 1.4 | 3.0 |
| | 6.3 | 0.5 | 0.6 | 0.0 | 0.0 | 0.3 | 0.9 | 0.7 | 0.4 | 0.9 | 0.8 | 0.0 | 0.0 |
| | 6.4 | 0.6 | 0.0 | 0.0 | 0.0 | 0.3 | 1.3 | 1.1 | 1.7 | 1.4 | 0.0 | 2.8 | 0.0 |
| | 6.5 | 0.6 | 0.0 | 0.0 | 0.8 | 0.5 | 0.6 | 0.9 | 0.8 | 1.4 | 0.8 | 0.0 | 0.0 |
| | 6.6 | 0.4 | 0.0 | 0.0 | 0.4 | 0.3 | 0.6 | 0.7 | 1.3 | 0.5 | 0.8 | 0.0 | 3.0 |
| | 6.7 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.7 | 0.8 | 1.4 | 0.0 | 0.0 | 0.0 |
| | 6.8 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 6.9 | 0.4 | 0.0 | 0.0 | 0.4 | 1.0 | 0.2 | 0.2 | 0.4 | 0.0 | 0.8 | 0.0 | 0.0 |
| | 7.0～7.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.5 | 0.9 | 0.4 | 0.8 | 0.5 | 0.8 | 0.0 | 0.0 |
| | 7.2～7.3 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.4 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 7.4～7.5 | 0.3 | 0.0 | 0.0 | 0.0 | 0.3 | 0.6 | 0.2 | 0.8 | 0.5 | 0.0 | 0.0 | 0.0 |
| | 7.6～7.7 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.4 | 0.4 | 0.9 | 0.0 | 0.0 | 0.0 |
| 7.8～7.9 | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 8.0～8.1 | 0.3 | 0.6 | 0.0 | 0.0 | 0.3 | 0.6 | 0.2 | 0.4 | 0.0 | 0.0 | 0.0 | 3.0 | |
| 8.2～8.3 | 0.3 | 0.0 | 0.0 | 0.4 | 0.3 | 0.4 | 0.2 | 0.4 | 0.0 | 0.8 | 0.0 | 0.0 | |
| 8.4～8.5 | 0.1 | 0.0 | 0.0 | 0.4 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 8.6～8.7 | 0.2 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.4 | 0.0 | 0.5 | 0.8 | 0.0 | 0.0 | |
| 8.8～8.9 | — | — | — | — | — | — | — | — | — | — | — | — | |
| 9.0%以上 | 1.1 | 0.0 | 1.1 | 1.1 | 1.6 | 1.5 | 0.4 | 0.8 | 0.9 | 0.0 | 0.0 | 0.0 | |
| 6.1%以上(再掲) | 7.4 | 1.2 | 1.5 | 4.2 | 8.6 | 11.1 | 10.0 | 11.4 | 12.0 | 8.6 | 7.0 | 9.1 | |
| 平均値 % | 5.32 | 4.89 | 5.07 | 5.19 | 5.38 | 5.48 | 5.47 | 5.46 | 5.53 | 5.43 | 5.37 | 5.45 | |
| 標準偏差 | 0.74 | 0.41 | 0.75 | 0.66 | 0.79 | 0.82 | 0.62 | 0.75 | 0.68 | 0.60 | 0.39 | 0.66 | |

注) インスリン注射又は血糖を下げる薬服用者除外。

◆第28表の2◆ ヘモグロビンA_{1c}の分布（女、年齢階級別）

（%）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|------------|------------|---------|--------|--------|--------|--------|--------|-------|----------------|----------------|----------------|----------------|---------------|
| | | (3,084) | (243) | (457) | (468) | (645) | (657) | (614) | (339) | (262) | (181) | (108) | (63) |
| 女 | 総数 (実数) | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 |
| | 3.9%未満 | 0.1 | 0.0 | 0.2 | 0.0 | 0.2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.0～4.1 | 0.2 | 0.0 | 0.4 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.0 | 0.6 | 0.0 | 0.0 |
| | 4.2～4.3 | 0.7 | 1.2 | 1.8 | 0.6 | 0.5 | 0.2 | 0.5 | 0.3 | 0.0 | 1.1 | 0.9 | 0.0 |
| | 4.4～4.5 | 2.7 | 9.5 | 4.4 | 3.6 | 1.9 | 0.8 | 0.8 | 0.3 | 0.4 | 1.1 | 1.9 | 0.0 |
| | 4.6～4.7 | 7.4 | 19.3 | 11.8 | 10.9 | 5.6 | 3.7 | 2.4 | 3.8 | 2.3 | 2.8 | 1.9 | 3.2 |
| | 4.8～4.9 | 13.0 | 28.0 | 18.2 | 15.8 | 11.6 | 7.2 | 9.0 | 6.5 | 10.7 | 7.2 | 9.3 | 6.3 |
| | 5.0～5.1 | 21.0 | 23.5 | 30.9 | 24.8 | 18.1 | 17.8 | 16.1 | 16.8 | 15.3 | 15.5 | 16.7 | 20.6 |
| | 5.2～5.3 | 20.2 | 10.7 | 17.1 | 19.2 | 24.0 | 20.4 | 22.8 | 20.6 | 22.1 | 19.3 | 25.9 | 30.2 |
| | 5.4～5.5 | 15.6 | 6.2 | 8.8 | 13.7 | 18.4 | 20.1 | 18.2 | 18.9 | 18.7 | 17.7 | 20.4 | 14.3 |
| | 5.6～5.7 | 8.3 | 1.2 | 3.9 | 5.1 | 9.1 | 12.0 | 12.1 | 14.2 | 13.0 | 10.5 | 12.0 | 12.7 |
| | 5.8～5.9 | 4.0 | 0.0 | 0.7 | 2.4 | 4.0 | 7.0 | 6.2 | 8.0 | 5.7 | 7.2 | 5.6 | 6.3 |
| | 6.0 | 1.6 | 0.0 | 0.2 | 1.3 | 2.0 | 2.1 | 2.4 | 1.8 | 1.5 | 5.5 | 0.9 | 0.0 |
| | 6.1 | 1.2 | 0.0 | 0.9 | 0.4 | 1.1 | 1.4 | 2.3 | 2.1 | 3.1 | 2.8 | 0.0 | 1.6 |
| | 6.2 | 0.5 | 0.0 | 0.2 | 0.4 | 0.3 | 1.1 | 0.7 | 1.8 | 0.4 | 1.7 | 0.0 | 0.0 |
| | 6.3 | 0.4 | 0.4 | 0.0 | 0.2 | 0.2 | 0.6 | 0.8 | 0.3 | 1.1 | 1.1 | 0.0 | 0.0 |
| | 6.4 | 0.3 | 0.0 | 0.0 | 0.0 | 0.3 | 0.8 | 0.5 | 0.6 | 0.4 | 1.1 | 0.0 | 0.0 |
| | 6.5 | 0.4 | 0.0 | 0.2 | 0.0 | 0.0 | 0.8 | 0.8 | 0.9 | 0.0 | 2.2 | 0.9 | 0.0 |
| | 6.6 | 0.3 | 0.0 | 0.0 | 0.0 | 0.6 | 0.5 | 0.5 | 0.0 | 0.8 | 0.6 | 0.0 | 0.0 |
| | 6.7 | 0.2 | 0.0 | 0.0 | 0.4 | 0.0 | 0.5 | 0.2 | 0.6 | 0.0 | 0.6 | 0.0 | 0.0 |
| | 6.8 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 0.3 | 0.3 | 0.3 | 0.4 | 0.0 | 0.0 | 1.6 |
| | 6.9 | 0.2 | 0.0 | 0.0 | 0.2 | 0.2 | 0.5 | 0.2 | 0.6 | 0.4 | 0.0 | 0.0 | 0.0 |
| | 7.0～7.1 | 0.4 | 0.0 | 0.2 | 0.0 | 0.2 | 0.6 | 0.8 | 0.9 | 0.4 | 1.1 | 1.9 | 0.0 |
| | 7.2～7.3 | 0.1 | 0.0 | 0.2 | 0.0 | 0.0 | 0.3 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 |
| | 7.4～7.5 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 0.2 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 |
| | 7.6～7.7 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.3 | 0.3 | 0.8 | 0.0 | 0.0 | 0.0 |
| 7.8～7.9 | 0.2 | 0.0 | 0.0 | 0.2 | 0.2 | 0.3 | 0.3 | 0.0 | 0.4 | 0.0 | 0.0 | 1.6 | |
| 8.0～8.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.5 | 0.0 | 0.4 | 0.6 | 0.9 | 0.0 | |
| 8.2～8.3 | — | — | — | — | — | — | — | — | — | — | — | — | |
| 8.4～8.5 | — | — | — | — | — | — | — | — | — | — | — | — | |
| 8.6～8.7 | — | — | — | — | — | — | — | — | — | — | — | — | |
| 8.8～8.9 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 9.0%以上 | 0.5 | 0.0 | 0.0 | 0.6 | 0.9 | 0.3 | 0.8 | 0.6 | 1.1 | 0.0 | 0.9 | 1.6 | |
| 6.1%以上(再掲) | 5.3 | 0.4 | 1.8 | 2.6 | 4.2 | 8.7 | 9.3 | 8.8 | 10.3 | 11.6 | 4.6 | 6.3 | |
| 平均値 % | 5.27 | 4.91 | 5.04 | 5.17 | 5.32 | 5.44 | 5.46 | 5.45 | 5.49 | 5.45 | 5.41 | 5.43 | |
| 標準偏差 | 0.65 | 0.29 | 0.37 | 0.60 | 0.75 | 0.62 | 0.72 | 0.62 | 0.78 | 0.54 | 0.83 | 0.69 | |

注) インスリン注射又は血糖を下げる薬服用者除外。

◆第29表の1◆ 血糖値の分布（食後3時間以上，性・年齢階級別）

（％）

| | | 総 数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|-----------|--------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|
| 男 | 総 数 (実 数) | 100.0 (1,616) | 100.0 (125) | 100.0 (214) | 100.0 (213) | 100.0 (307) | 100.0 (393) | 100.0 (364) | 100.0 (198) | 100.0 (181) | 100.0 (103) | 100.0 (53) | 100.0 (27) |
| | 40 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 40～ 59 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 |
| | 60～ 79 | 5.0 | 10.4 | 4.7 | 2.8 | 6.5 | 4.3 | 3.8 | 6.6 | 2.2 | 5.8 | 0.0 | 14.8 |
| | 80～ 99 | 50.5 | 70.4 | 75.2 | 59.2 | 50.8 | 38.9 | 36.3 | 35.9 | 37.0 | 44.7 | 28.3 | 14.8 |
| | 100～ 119 | 29.3 | 16.0 | 16.4 | 28.2 | 29.0 | 34.9 | 36.3 | 36.4 | 38.1 | 30.1 | 47.2 | 25.9 |
| | 120～ 139 | 7.4 | 2.4 | 1.9 | 4.7 | 7.8 | 10.2 | 10.7 | 9.1 | 9.9 | 7.8 | 15.1 | 18.5 |
| | 140～ 159 | 2.5 | 0.8 | 0.0 | 2.8 | 1.3 | 2.8 | 5.2 | 1.5 | 3.9 | 5.8 | 3.8 | 14.8 |
| | 160～ 179 | 1.2 | 0.0 | 0.0 | 0.5 | 1.3 | 2.5 | 1.1 | 4.5 | 0.6 | 1.9 | 0.0 | 3.7 |
| | 180～ 199 | 1.2 | 0.0 | 0.0 | 0.5 | 1.3 | 1.3 | 2.5 | 1.0 | 3.9 | 0.0 | 3.8 | 0.0 |
| | 200～ 219 | 1.1 | 0.0 | 0.0 | 0.9 | 0.7 | 2.0 | 1.4 | 2.5 | 1.7 | 1.9 | 0.0 | 0.0 |
| | 220～ 239 | 0.2 | 0.0 | 0.0 | 0.5 | 0.0 | 0.3 | 0.3 | 0.5 | 0.6 | 0.0 | 0.0 | 0.0 |
| | 240～ 259 | 0.3 | 0.0 | 0.0 | 0.0 | 1.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 260 mg/dl 以上 | 1.4 | 0.0 | 1.9 | 0.0 | 0.3 | 2.3 | 2.2 | 2.0 | 1.7 | 1.9 | 1.9 | 7.4 |
| | 110 以上(再掲) | 24.1 | 9.6 | 6.5 | 16.9 | 19.9 | 32.1 | 38.7 | 30.8 | 37.6 | 33.0 | 43.4 | 59.3 |
| 平均値 mg/dl | 106.6 | 92.7 | 97.2 | 101.4 | 104.0 | 113.6 | 114.5 | 112.5 | 114.3 | 110.0 | 116.2 | 129.9 | |
| 標準偏差 | 36.7 | 12.3 | 30.0 | 21.8 | 29.6 | 46.3 | 42.5 | 41.0 | 41.1 | 37.2 | 41.2 | 66.3 | |
| 女 | 総 数 (実 数) | 100.0 (2,280) | 100.0 (177) | 100.0 (316) | 100.0 (335) | 100.0 (480) | 100.0 (500) | 100.0 (472) | 100.0 (249) | 100.0 (200) | 100.0 (142) | 100.0 (85) | 100.0 (45) |
| | 40 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 40～ 59 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 60～ 79 | 4.2 | 6.8 | 10.1 | 4.5 | 4.4 | 1.6 | 1.7 | 1.6 | 2.5 | 0.7 | 0.0 | 4.4 |
| | 80～ 99 | 51.0 | 80.8 | 68.7 | 65.7 | 52.7 | 37.0 | 30.5 | 35.3 | 34.5 | 33.1 | 20.0 | 24.4 |
| | 100～ 119 | 32.1 | 10.2 | 18.4 | 25.1 | 33.1 | 42.4 | 42.6 | 43.8 | 43.0 | 39.4 | 43.5 | 48.9 |
| | 120～ 139 | 7.2 | 2.3 | 2.5 | 2.7 | 6.3 | 9.4 | 14.0 | 9.6 | 10.0 | 17.6 | 20.0 | 8.9 |
| | 140～ 159 | 2.8 | 0.0 | 0.3 | 1.2 | 1.5 | 5.2 | 5.5 | 5.6 | 5.5 | 4.2 | 8.2 | 4.4 |
| | 160～ 179 | 1.0 | 0.0 | 0.0 | 0.6 | 0.6 | 1.2 | 2.5 | 1.2 | 2.5 | 1.4 | 3.5 | 4.4 |
| | 180～ 199 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 1.3 | 0.8 | 0.5 | 2.1 | 1.2 | 2.2 |
| | 200～ 219 | 0.4 | 0.0 | 0.0 | 0.0 | 0.8 | 0.4 | 0.6 | 0.4 | 0.0 | 0.7 | 1.2 | 2.2 |
| | 220～ 239 | 0.1 | 0.0 | 0.0 | 0.3 | 0.2 | 0.2 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 240～ 259 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.2 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 |
| | 260 mg/dl 以上 | 0.6 | 0.0 | 0.0 | 0.0 | 0.4 | 1.4 | 1.1 | 1.2 | 1.0 | 0.7 | 2.4 | 0.0 |
| | 110 以上(再掲) | 23.3 | 5.1 | 7.3 | 12.8 | 19.4 | 34.8 | 40.3 | 37.8 | 34.5 | 41.5 | 52.9 | 37.8 |
| 平均値 mg/dl | 103.5 | 91.9 | 92.8 | 97.2 | 101.8 | 110.7 | 113.6 | 110.5 | 110.7 | 112.1 | 123.5 | 112.1 | |
| 標準偏差 | 26.8 | 10.6 | 11.5 | 14.9 | 25.3 | 31.1 | 34.4 | 28.8 | 32.3 | 26.4 | 50.1 | 25.9 | |

◆第29表の2◆ 血糖値の分布（食後3時間以上、性・年齢階級別）

（％）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|-----------|--------------|------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|
| 男 | 総数 (実数) | 100.0 (1,528) | 100.0 (125) | 100.0 (213) | 100.0 (208) | 100.0 (294) | 100.0 (364) | 100.0 (324) | 100.0 (180) | 100.0 (163) | 100.0 (89) | 100.0 (48) | 100.0 (24) |
| | 40 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 40～ 59 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 |
| | 60～ 79 | 4.9 | 10.4 | 4.7 | 2.4 | 6.8 | 4.4 | 3.4 | 6.7 | 2.5 | 3.4 | 0.0 | 16.7 |
| | 80～ 99 | 52.4 | 70.4 | 75.1 | 59.6 | 52.4 | 41.2 | 38.6 | 37.8 | 38.7 | 49.4 | 29.2 | 16.7 |
| | 100～ 119 | 30.2 | 16.0 | 16.4 | 28.8 | 29.3 | 36.8 | 38.9 | 38.9 | 39.9 | 33.7 | 50.0 | 29.2 |
| | 120～ 139 | 7.0 | 2.4 | 1.9 | 4.8 | 7.1 | 10.2 | 9.9 | 9.4 | 9.2 | 6.7 | 16.7 | 12.5 |
| | 140～ 159 | 2.4 | 0.8 | 0.0 | 2.4 | 1.4 | 2.2 | 5.6 | 1.1 | 4.3 | 5.6 | 4.2 | 16.7 |
| | 160～ 179 | 0.9 | 0.0 | 0.0 | 0.5 | 1.0 | 1.6 | 0.9 | 3.3 | 0.6 | 1.1 | 0.0 | 4.2 |
| | 180～ 199 | 0.7 | 0.0 | 0.0 | 0.5 | 0.7 | 1.4 | 0.9 | 1.1 | 1.8 | 0.0 | 0.0 | 0.0 |
| | 200～ 219 | 0.6 | 0.0 | 0.0 | 1.0 | 0.3 | 1.1 | 0.6 | 1.1 | 1.2 | 0.0 | 0.0 | 0.0 |
| | 220～ 239 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 240～ 259 | 0.2 | 0.0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 260 mg/dl 以上 | 0.7 | 0.0 | 1.9 | 0.0 | 0.0 | 1.1 | 0.9 | 0.6 | 1.2 | 0.0 | 0.0 | 4.2 |
| | 110 以上(再掲) | 21.5 | 9.6 | 6.6 | 16.3 | 17.7 | 28.6 | 34.9 | 27.2 | 33.7 | 29.2 | 39.6 | 54.2 |
| 平均値 mg/dl | 103.2 | 92.7 | 97.2 | 100.7 | 101.7 | 108.0 | 109.0 | 106.5 | 110.5 | 103.8 | 108.4 | 118.7 | |
| 標準偏差 | 29.0 | 12.3 | 30.1 | 19.5 | 23.6 | 36.1 | 31.5 | 27.8 | 37.8 | 17.4 | 16.5 | 43.6 | |
| 女 | 総数 (実数) | 100.0 (2,213) | 100.0 (177) | 100.0 (315) | 100.0 (331) | 100.0 (468) | 100.0 (477) | 100.0 (445) | 100.0 (237) | 100.0 (188) | 100.0 (132) | 100.0 (81) | 100.0 (44) |
| | 40 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 40～ 59 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 60～ 79 | 4.3 | 6.8 | 10.2 | 4.5 | 4.5 | 1.7 | 1.6 | 1.7 | 2.7 | 0.0 | 0.0 | 4.5 |
| | 80～ 99 | 52.2 | 80.8 | 68.9 | 66.5 | 53.6 | 38.6 | 31.5 | 36.7 | 35.1 | 34.8 | 21.0 | 25.0 |
| | 100～ 119 | 32.4 | 10.2 | 18.1 | 24.5 | 33.8 | 43.6 | 43.8 | 45.6 | 44.7 | 41.7 | 43.2 | 47.7 |
| | 120～ 139 | 7.1 | 2.3 | 2.5 | 2.4 | 6.2 | 9.6 | 14.2 | 10.1 | 9.6 | 18.2 | 21.0 | 9.1 |
| | 140～ 159 | 2.4 | 0.0 | 0.3 | 1.2 | 1.3 | 4.4 | 4.9 | 4.2 | 5.3 | 3.0 | 7.4 | 4.5 |
| | 160～ 179 | 0.8 | 0.0 | 0.0 | 0.6 | 0.2 | 0.8 | 2.2 | 0.8 | 2.1 | 0.8 | 3.7 | 4.5 |
| | 180～ 199 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.4 | 0.4 | 0.0 | 0.0 | 1.2 | 2.3 |
| | 200～ 219 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.7 | 0.0 | 0.0 | 0.8 | 1.2 | 2.3 |
| | 220～ 239 | 0.1 | 0.0 | 0.0 | 0.3 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 240～ 259 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.2 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 |
| | 260 mg/dl 以上 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.4 | 0.4 | 0.0 | 0.8 | 1.2 | 0.0 |
| | 110 以上(再掲) | 21.8 | 5.1 | 7.3 | 12.4 | 17.9 | 32.7 | 38.2 | 35.4 | 32.4 | 38.6 | 50.6 | 38.6 |
| 平均値 mg/dl | 101.5 | 91.9 | 92.7 | 96.9 | 99.6 | 107.4 | 110.8 | 107.0 | 107.6 | 109.7 | 119.2 | 112.2 | |
| 標準偏差 | 20.3 | 10.6 | 11.5 | 14.9 | 16.0 | 23.6 | 25.3 | 21.3 | 21.5 | 23.1 | 33.7 | 26.2 | |

注) インスリン注射又は血糖を下げる薬服用者除外。

◆第30表の1◆ 総コレステロール値の分布（性・年齢階級別）

（％）

| | | 総 数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|---------|--------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| 男 | 総 数 (実 数) | 100.0 (2,108) | 100.0 (162) | 100.0 (263) | 100.0 (270) | 100.0 (401) | 100.0 (513) | 100.0 (499) | 100.0 (264) | 100.0 (239) | 100.0 (144) | 100.0 (79) | 100.0 (37) |
| | 120 mg/dl 未満 | 0.7 | 1.9 | 0.0 | 0.4 | 0.0 | 1.4 | 0.6 | 0.8 | 0.4 | 1.4 | 0.0 | 0.0 |
| | 120～139 | 2.8 | 8.0 | 1.5 | 2.6 | 1.2 | 2.5 | 3.4 | 1.9 | 2.9 | 3.5 | 3.8 | 5.4 |
| | 140～159 | 9.3 | 17.3 | 8.4 | 3.7 | 7.2 | 7.8 | 13.4 | 8.3 | 9.2 | 14.6 | 21.5 | 18.9 |
| | 160～179 | 18.2 | 23.5 | 21.7 | 19.3 | 12.5 | 12.1 | 24.8 | 12.5 | 25.9 | 23.6 | 22.8 | 27.0 |
| | 180～199 | 23.1 | 23.5 | 21.7 | 19.6 | 21.7 | 26.7 | 22.8 | 26.9 | 23.8 | 22.2 | 24.1 | 16.2 |
| | 200～219 | 20.8 | 17.9 | 19.4 | 23.3 | 21.7 | 23.6 | 17.6 | 22.0 | 18.0 | 18.8 | 12.7 | 21.6 |
| | 220～239 | 13.7 | 5.6 | 13.7 | 14.8 | 18.2 | 14.2 | 11.4 | 14.8 | 12.1 | 11.8 | 8.9 | 10.8 |
| | 240～259 | 6.5 | 1.2 | 6.8 | 9.3 | 11.0 | 6.2 | 3.4 | 8.0 | 3.8 | 2.8 | 5.1 | 0.0 |
| | 260～279 | 3.3 | 1.2 | 4.2 | 5.6 | 4.0 | 3.7 | 1.4 | 3.0 | 2.5 | 0.7 | 0.0 | 0.0 |
| | 280～299 | 1.0 | 0.0 | 1.9 | 0.7 | 1.2 | 1.0 | 1.0 | 1.1 | 1.3 | 0.7 | 1.3 | 0.0 |
| | 300 以上 | 0.6 | 0.0 | 0.8 | 0.7 | 1.2 | 0.8 | 0.0 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 220 以上(再掲) | 25.2 | 8.0 | 27.4 | 31.1 | 35.7 | 25.9 | 17.2 | 27.7 | 19.7 | 16.0 | 15.2 | 10.8 |
| | 240 以上(再掲) | 11.5 | 2.5 | 13.7 | 16.3 | 17.5 | 11.7 | 5.8 | 12.9 | 7.5 | 4.2 | 6.3 | 0.0 |
| | 平均値 mg/dl | 198.0 | 178.8 | 201.4 | 204.8 | 207.8 | 200.5 | 188.3 | 201.6 | 192.2 | 186.7 | 183.6 | 180.1 |
| 標 準 偏 差 | 35.0 | 30.3 | 35.8 | 35.4 | 34.9 | 34.2 | 32.1 | 33.6 | 32.7 | 31.7 | 31.7 | 27.7 | |
| 女 | 総 数 (実 数) | 100.0 (3,190) | 100.0 (243) | 100.0 (463) | 100.0 (476) | 100.0 (662) | 100.0 (690) | 100.0 (656) | 100.0 (358) | 100.0 (283) | 100.0 (196) | 100.0 (113) | 100.0 (64) |
| | 120 mg/dl 未満 | 0.2 | 0.8 | 0.2 | 0.2 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.5 | 0.0 | 1.6 |
| | 120～139 | 1.4 | 8.6 | 1.7 | 1.3 | 0.3 | 0.6 | 0.6 | 0.8 | 0.7 | 0.5 | 0.9 | 0.0 |
| | 140～159 | 6.6 | 15.2 | 15.8 | 9.7 | 2.1 | 2.8 | 3.5 | 3.4 | 2.8 | 2.0 | 5.3 | 7.8 |
| | 160～179 | 14.8 | 27.6 | 24.0 | 17.0 | 10.4 | 8.7 | 13.0 | 8.7 | 9.5 | 14.3 | 18.6 | 14.1 |
| | 180～199 | 21.3 | 22.2 | 27.0 | 25.6 | 16.5 | 18.1 | 22.0 | 19.6 | 21.6 | 21.9 | 23.0 | 21.9 |
| | 200～219 | 22.5 | 14.4 | 17.5 | 21.2 | 24.2 | 23.5 | 27.3 | 23.5 | 27.9 | 26.0 | 27.4 | 28.1 |
| | 220～239 | 16.2 | 7.8 | 7.6 | 14.1 | 17.5 | 21.4 | 20.3 | 23.2 | 20.5 | 22.4 | 19.5 | 14.1 |
| | 240～259 | 9.4 | 2.1 | 4.8 | 5.0 | 16.9 | 12.6 | 7.6 | 11.7 | 9.2 | 7.7 | 4.4 | 6.3 |
| | 260～279 | 4.8 | 0.0 | 0.9 | 4.4 | 7.9 | 8.0 | 3.4 | 6.7 | 5.3 | 3.1 | 0.9 | 0.0 |
| | 280～299 | 1.8 | 0.4 | 0.6 | 1.1 | 2.7 | 2.9 | 1.4 | 1.7 | 0.7 | 1.5 | 0.0 | 6.3 |
| | 300 以上 | 0.9 | 0.8 | 0.0 | 0.4 | 1.5 | 1.3 | 0.8 | 0.8 | 1.8 | 0.0 | 0.0 | 0.0 |
| | 220 以上(再掲) | 33.1 | 11.1 | 13.8 | 25.0 | 46.5 | 46.2 | 33.4 | 44.1 | 37.5 | 34.7 | 24.8 | 26.6 |
| | 240 以上(再掲) | 16.9 | 3.3 | 6.3 | 10.9 | 29.0 | 24.8 | 13.1 | 20.9 | 17.0 | 12.2 | 5.3 | 12.5 |
| | 平均値 mg/dl | 206.3 | 180.6 | 187.9 | 199.7 | 219.5 | 218.2 | 207.8 | 215.6 | 212.6 | 207.0 | 199.7 | 202.9 |
| 標 準 偏 差 | 35.5 | 31.8 | 29.7 | 34.7 | 34.3 | 34.6 | 31.3 | 32.2 | 32.9 | 28.9 | 26.2 | 36.0 | |

◆第30表の2◆ 総コレステロール値の分布（性・年齢階級別）

（％）

| | | 総 数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|---------|--------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|
| 男 | 総 数 (実 数) | 100.0 (1,954) | 100.0 (161) | 100.0 (260) | 100.0 (264) | 100.0 (378) | 100.0 (461) | 100.0 (430) | 100.0 (230) | 100.0 (198) | 100.0 (129) | 100.0 (69) | 100.0 (34) |
| | 120 mg/dl 未満 | 0.7 | 1.9 | 0.0 | 0.4 | 0.0 | 1.5 | 0.7 | 0.9 | 0.5 | 1.6 | 0.0 | 0.0 |
| | 120～139 | 2.9 | 8.1 | 1.5 | 2.7 | 1.3 | 2.6 | 3.7 | 2.2 | 3.0 | 3.9 | 4.3 | 5.9 |
| | 140～159 | 9.4 | 17.4 | 8.1 | 3.4 | 7.1 | 8.2 | 14.0 | 8.7 | 9.1 | 15.5 | 21.7 | 20.6 |
| | 160～179 | 18.3 | 23.6 | 21.9 | 19.3 | 12.7 | 12.1 | 24.9 | 12.6 | 26.8 | 23.3 | 20.3 | 29.4 |
| | 180～199 | 22.9 | 23.0 | 21.9 | 19.3 | 21.7 | 25.4 | 24.0 | 24.8 | 24.7 | 24.0 | 24.6 | 17.6 |
| | 200～219 | 21.1 | 18.0 | 18.8 | 23.9 | 22.5 | 24.3 | 17.2 | 22.6 | 18.2 | 17.8 | 14.5 | 14.7 |
| | 220～239 | 13.5 | 5.6 | 13.8 | 15.2 | 18.0 | 13.9 | 10.9 | 14.8 | 11.6 | 11.6 | 7.2 | 11.8 |
| | 240～259 | 6.7 | 1.2 | 6.9 | 9.1 | 11.1 | 6.5 | 3.3 | 8.3 | 4.0 | 1.6 | 5.8 | 0.0 |
| | 260～279 | 3.1 | 1.2 | 4.2 | 5.3 | 3.4 | 3.7 | 0.7 | 3.0 | 1.5 | 0.0 | 0.0 | 0.0 |
| | 280～299 | 0.9 | 0.0 | 1.9 | 0.8 | 0.8 | 1.1 | 0.7 | 1.3 | 0.5 | 0.8 | 1.4 | 0.0 |
| | 300 以上 | 0.6 | 0.0 | 0.8 | 0.8 | 1.3 | 0.7 | 0.0 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 220 以上(再掲) | 24.8 | 8.1 | 27.7 | 31.1 | 34.7 | 25.8 | 15.6 | 28.3 | 17.7 | 14.0 | 14.5 | 11.8 |
| | 240 以上(再掲) | 11.3 | 2.5 | 13.8 | 15.9 | 16.7 | 11.9 | 4.7 | 13.5 | 6.1 | 2.3 | 7.2 | 0.0 |
| | 平均値 mg/dl | 197.6 | 178.7 | 201.6 | 204.9 | 207.2 | 200.1 | 186.7 | 201.7 | 190.5 | 184.5 | 183.9 | 178.1 |
| 標 準 偏 差 | 34.80 | 30.4 | 35.8 | 35.2 | 34.4 | 34.3 | 30.9 | 34.4 | 30.7 | 30.6 | 32.3 | 28.1 | |
| 女 | 総 数 (実 数) | 100.0 (2,842) | 100.0 (242) | 100.0 (458) | 100.0 (467) | 100.0 (603) | 100.0 (559) | 100.0 (513) | 100.0 (288) | 100.0 (215) | 100.0 (145) | 100.0 (95) | 100.0 (58) |
| | 120 mg/dl 未満 | 0.2 | 0.8 | 0.2 | 0.2 | 0.0 | 0.2 | 0.4 | 0.0 | 0.0 | 0.7 | 0.0 | 1.7 |
| | 120～139 | 1.6 | 8.7 | 1.7 | 1.3 | 0.3 | 0.7 | 0.8 | 1.0 | 0.9 | 0.7 | 1.1 | 0.0 |
| | 140～159 | 6.9 | 15.3 | 15.9 | 9.6 | 1.5 | 2.3 | 3.5 | 3.1 | 2.8 | 2.1 | 6.3 | 5.2 |
| | 160～179 | 15.4 | 27.7 | 24.2 | 17.3 | 10.3 | 8.1 | 14.2 | 8.0 | 11.2 | 15.9 | 17.9 | 15.5 |
| | 180～199 | 21.0 | 22.3 | 26.9 | 25.5 | 16.7 | 16.8 | 20.7 | 18.1 | 19.5 | 19.3 | 24.2 | 22.4 |
| | 200～219 | 21.9 | 14.5 | 17.7 | 21.6 | 24.2 | 22.9 | 25.5 | 22.9 | 25.6 | 22.1 | 28.4 | 29.3 |
| | 220～239 | 15.9 | 7.4 | 7.2 | 14.1 | 17.7 | 22.5 | 19.9 | 24.3 | 20.9 | 23.4 | 15.8 | 13.8 |
| | 240～259 | 9.6 | 2.1 | 4.6 | 4.7 | 16.9 | 13.2 | 9.4 | 12.5 | 12.1 | 9.7 | 5.3 | 5.2 |
| | 260～279 | 4.8 | 0.0 | 0.9 | 4.3 | 8.0 | 8.6 | 3.3 | 7.3 | 4.7 | 4.1 | 1.1 | 0.0 |
| | 280～299 | 1.8 | 0.4 | 0.7 | 0.9 | 2.7 | 3.2 | 1.6 | 2.1 | 0.5 | 2.1 | 0.0 | 6.9 |
| | 300 以上 | 0.9 | 0.8 | 0.0 | 0.4 | 1.7 | 1.4 | 0.8 | 0.7 | 1.9 | 0.0 | 0.0 | 0.0 |
| | 220 以上(再掲) | 33.0 | 10.7 | 13.3 | 24.4 | 46.9 | 49.0 | 34.9 | 46.9 | 40.0 | 39.3 | 22.1 | 25.9 |
| | 240 以上(再掲) | 17.1 | 3.3 | 6.1 | 10.3 | 29.2 | 26.5 | 15.0 | 22.6 | 19.1 | 15.9 | 6.3 | 12.1 |
| | 平均値 mg/dl | 205.9 | 180.4 | 187.5 | 199.2 | 220.1 | 220.1 | 208.0 | 217.1 | 213.2 | 208.4 | 198.5 | 203.4 |
| 標 準 偏 差 | 36.1 | 31.7 | 29.6 | 34.3 | 34.2 | 35.2 | 32.8 | 32.7 | 34.3 | 31.6 | 26.6 | 36.1 | |

注) コレステロールを下げる薬服用者除外。

◆第31表の1◆ トリグリセリド値の分布（性・年齢階級別）

（％）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|-----------|-------------|------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|
| 男 | 総数 (実数) | 100.0 (2,108) | 100.0 (162) | 100.0 (263) | 100.0 (270) | 100.0 (401) | 100.0 (513) | 100.0 (499) | 100.0 (264) | 100.0 (239) | 100.0 (144) | 100.0 (79) | 100.0 (37) |
| | 20 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 20～49 | 3.2 | 10.5 | 2.7 | 3.0 | 1.5 | 1.9 | 3.8 | 1.9 | 0.8 | 6.9 | 5.1 | 8.1 |
| | 50～79 | 17.3 | 31.5 | 20.5 | 13.0 | 12.0 | 12.7 | 22.2 | 13.3 | 19.7 | 27.1 | 24.1 | 16.2 |
| | 80～109 | 20.7 | 22.2 | 16.7 | 20.7 | 20.0 | 18.1 | 25.7 | 17.8 | 25.9 | 19.4 | 29.1 | 40.5 |
| | 110～139 | 16.8 | 11.7 | 18.3 | 11.1 | 16.2 | 22.0 | 15.8 | 20.1 | 16.3 | 18.1 | 13.9 | 8.1 |
| | 140～169 | 12.0 | 8.6 | 12.9 | 10.7 | 13.7 | 11.9 | 11.8 | 12.1 | 10.9 | 11.1 | 16.5 | 10.8 |
| | 170～199 | 8.0 | 4.9 | 6.8 | 10.4 | 9.7 | 9.4 | 5.6 | 11.0 | 5.9 | 4.9 | 3.8 | 10.8 |
| | 200 以上 | 22.1 | 10.5 | 22.1 | 31.1 | 26.9 | 24.0 | 15.0 | 23.9 | 20.5 | 12.5 | 7.6 | 5.4 |
| | 150 以上(再掲) | 37.5 | 22.2 | 36.5 | 48.1 | 45.9 | 40.9 | 26.9 | 42.8 | 31.8 | 22.9 | 21.5 | 21.6 |
| 平均値 mg/dl | 158.0 | 117.9 | 162.7 | 186.2 | 176.2 | 164.6 | 131.9 | 164.8 | 147.2 | 120.7 | 116.6 | 110.1 | |
| 標準偏差 | 118.2 | 90.7 | 138.2 | 139.7 | 130.9 | 113.1 | 83.7 | 115.3 | 97.5 | 68.2 | 66.3 | 53.6 | |
| 女 | 総数 (実数) | 100.0 (3,190) | 100.0 (243) | 100.0 (463) | 100.0 (476) | 100.0 (662) | 100.0 (690) | 100.0 (656) | 100.0 (358) | 100.0 (283) | 100.0 (196) | 100.0 (113) | 100.0 (64) |
| | 20 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 20～49 | 6.5 | 19.8 | 12.7 | 8.8 | 4.1 | 2.2 | 2.3 | 2.2 | 2.1 | 2.0 | 1.8 | 4.7 |
| | 50～79 | 22.7 | 39.1 | 35.0 | 30.3 | 16.9 | 11.7 | 20.0 | 11.7 | 16.6 | 20.4 | 23.9 | 26.6 |
| | 80～109 | 23.6 | 20.6 | 26.8 | 22.1 | 26.9 | 23.5 | 20.3 | 24.0 | 19.4 | 16.8 | 30.1 | 17.2 |
| | 110～139 | 17.1 | 10.3 | 11.4 | 15.5 | 19.0 | 19.1 | 20.4 | 19.3 | 20.8 | 20.9 | 16.8 | 23.4 |
| | 140～169 | 10.9 | 3.7 | 5.6 | 6.9 | 14.5 | 15.1 | 12.3 | 15.4 | 14.5 | 13.3 | 8.0 | 7.8 |
| | 170～199 | 6.0 | 2.5 | 2.8 | 3.4 | 5.4 | 8.4 | 9.6 | 8.1 | 8.5 | 11.2 | 9.7 | 9.4 |
| | 200 以上 | 13.2 | 4.1 | 5.6 | 13.0 | 13.1 | 20.0 | 15.1 | 19.3 | 18.0 | 15.3 | 9.7 | 10.9 |
| | 150 以上(再掲) | 26.1 | 8.6 | 11.7 | 20.0 | 27.2 | 38.4 | 33.1 | 38.0 | 35.3 | 35.2 | 27.4 | 26.6 |
| 平均値 mg/dl | 126.9 | 85.4 | 97.4 | 123.7 | 132.2 | 149.1 | 136.5 | 148.6 | 143.1 | 138.2 | 122.2 | 127.2 | |
| 標準偏差 | 90.4 | 50.2 | 67.8 | 133.1 | 88.6 | 82.3 | 76.2 | 81.6 | 79.4 | 75.7 | 66.3 | 76.7 | |

◆第31表の2◆ トリグリセリド値の分布（性・年齢階級別）

（％）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
|-----------|-------------|------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|
| 男 | 総数 (実数) | 100.0 (1,954) | 100.0 (161) | 100.0 (260) | 100.0 (264) | 100.0 (378) | 100.0 (461) | 100.0 (430) | 100.0 (230) | 100.0 (198) | 100.0 (129) | 100.0 (69) | 100.0 (34) |
| | 20 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 20～49 | 3.3 | 10.6 | 2.7 | 3.0 | 1.3 | 2.0 | 4.4 | 1.7 | 1.0 | 7.8 | 5.8 | 8.8 |
| | 50～79 | 18.0 | 31.7 | 20.8 | 12.9 | 12.7 | 13.9 | 23.3 | 14.8 | 20.7 | 27.1 | 26.1 | 17.6 |
| | 80～109 | 20.2 | 22.4 | 16.2 | 20.1 | 19.8 | 18.4 | 24.2 | 17.8 | 23.7 | 19.4 | 27.5 | 38.2 |
| | 110～139 | 17.0 | 11.8 | 18.5 | 11.4 | 16.1 | 21.9 | 17.2 | 19.6 | 18.7 | 18.6 | 14.5 | 8.8 |
| | 140～169 | 11.9 | 8.1 | 13.1 | 11.0 | 12.7 | 11.5 | 13.0 | 11.7 | 12.6 | 12.4 | 15.9 | 11.8 |
| | 170～199 | 8.1 | 5.0 | 6.5 | 10.6 | 9.5 | 9.5 | 6.0 | 11.7 | 6.1 | 5.4 | 4.3 | 11.8 |
| | 200 以上 | 21.4 | 10.6 | 22.3 | 31.1 | 27.8 | 22.8 | 11.9 | 22.6 | 17.2 | 9.3 | 5.8 | 2.9 |
| | 150 以上(再掲) | 36.9 | 21.7 | 36.5 | 48.5 | 46.0 | 39.5 | 24.9 | 41.3 | 29.3 | 20.9 | 21.7 | 20.6 |
| 平均値 mg/dl | 155.6 | 117.6 | 163.2 | 186.1 | 176.2 | 159.9 | 123.6 | 161.2 | 136.0 | 114.9 | 112.9 | 106.7 | |
| 標準偏差 | 116.0 | 90.9 | 138.8 | 139.0 | 131.3 | 107.0 | 68.1 | 112.2 | 75.6 | 59.9 | 62.9 | 47.8 | |
| 女 | 総数 (実数) | 100.0 (2,842) | 100.0 (242) | 100.0 (458) | 100.0 (467) | 100.0 (603) | 100.0 (559) | 100.0 (513) | 100.0 (288) | 100.0 (215) | 100.0 (145) | 100.0 (95) | 100.0 (58) |
| | 20 mg/dl 未満 | — | — | — | — | — | — | — | — | — | — | — | — |
| | 20～49 | 7.1 | 19.8 | 12.7 | 9.0 | 4.3 | 2.1 | 2.9 | 2.1 | 2.8 | 2.8 | 2.1 | 5.2 |
| | 50～79 | 23.9 | 38.8 | 35.2 | 30.4 | 17.2 | 12.2 | 21.4 | 12.2 | 17.7 | 22.1 | 24.2 | 29.3 |
| | 80～109 | 23.5 | 20.7 | 26.9 | 21.8 | 26.2 | 23.3 | 20.3 | 23.3 | 17.2 | 18.6 | 30.5 | 19.0 |
| | 110～139 | 16.6 | 10.3 | 11.6 | 15.8 | 19.1 | 18.6 | 19.5 | 19.1 | 20.5 | 18.6 | 17.9 | 20.7 |
| | 140～169 | 10.8 | 3.7 | 5.7 | 6.6 | 14.8 | 15.2 | 13.1 | 14.9 | 15.3 | 13.8 | 9.5 | 8.6 |
| | 170～199 | 5.6 | 2.5 | 2.8 | 3.4 | 5.6 | 8.2 | 8.8 | 7.3 | 8.8 | 9.7 | 6.3 | 10.3 |
| | 200 以上 | 12.6 | 4.1 | 5.2 | 12.8 | 12.8 | 20.4 | 14.0 | 21.2 | 17.7 | 14.5 | 9.5 | 6.9 |
| | 150 以上(再掲) | 24.9 | 8.7 | 11.4 | 19.7 | 27.2 | 39.4 | 31.2 | 39.6 | 34.9 | 32.4 | 25.3 | 24.1 |
| 平均値 mg/dl | 123.9 | 85.5 | 95.8 | 122.5 | 131.7 | 148.9 | 132.1 | 151.3 | 141.2 | 133.9 | 117.3 | 118.4 | |
| 標準偏差 | 89.4 | 50.3 | 60.7 | 132.1 | 88.8 | 81.2 | 73.1 | 84.9 | 78.5 | 74.8 | 55.2 | 69.3 | |

注) コレステロールを下げる薬服用者除外。

◆第32表の1◆ HDL-コレステロール値の分布 (性・年齢階級別)

| | | (%) | | | | | | | | | | | |
|-----------|-------------|------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|
| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
| 男 | 総数 (実数) | 100.0 (2,108) | 100.0 (162) | 100.0 (263) | 100.0 (270) | 100.0 (401) | 100.0 (513) | 100.0 (499) | 100.0 (264) | 100.0 (239) | 100.0 (144) | 100.0 (79) | 100.0 (37) |
| | 30 mg/dl 未満 | 1.4 | 0.0 | 1.1 | 1.5 | 0.5 | 1.9 | 2.0 | 2.7 | 2.9 | 0.7 | 2.5 | 0.0 |
| | 30～39 | 11.8 | 4.9 | 8.4 | 11.5 | 12.7 | 12.9 | 14.2 | 13.6 | 16.7 | 13.2 | 7.6 | 16.2 |
| | 40～49 | 23.7 | 17.3 | 21.7 | 22.6 | 23.7 | 25.7 | 25.5 | 26.5 | 25.1 | 27.8 | 24.1 | 21.6 |
| | 50～59 | 26.9 | 31.5 | 30.8 | 27.8 | 24.7 | 25.5 | 26.1 | 27.3 | 23.0 | 28.5 | 26.6 | 35.1 |
| | 60～69 | 18.1 | 26.5 | 17.5 | 17.8 | 18.2 | 18.1 | 15.8 | 17.8 | 15.9 | 12.5 | 21.5 | 16.2 |
| | 70～79 | 11.1 | 13.0 | 11.4 | 7.8 | 13.0 | 9.9 | 11.6 | 7.6 | 10.0 | 11.8 | 16.5 | 10.8 |
| | 80～89 | 4.2 | 3.7 | 5.3 | 4.8 | 5.2 | 3.9 | 3.0 | 2.3 | 4.2 | 2.8 | 1.3 | 0.0 |
| | 90～99 | 2.0 | 2.5 | 3.4 | 4.8 | 1.0 | 1.4 | 1.2 | 1.9 | 2.1 | 0.7 | 0.0 | 0.0 |
| | 100 以上 | 0.8 | 0.6 | 0.4 | 1.5 | 1.0 | 0.6 | 0.6 | 0.4 | 0.0 | 2.1 | 0.0 | 0.0 |
| | 40 以上(再掲) | 86.8 | 95.1 | 90.5 | 87.0 | 86.8 | 85.2 | 83.8 | 83.7 | 80.3 | 86.1 | 89.9 | 83.8 |
| 平均値 mg/dl | 55.9 | 59.4 | 57.8 | 57.0 | 56.3 | 54.4 | 54.2 | 53.1 | 53.6 | 54.8 | 55.8 | 52.6 | |
| 標準偏差 | 15.2 | 13.4 | 15.2 | 16.7 | 15.1 | 15.1 | 14.9 | 14.5 | 15.0 | 16.4 | 12.9 | 11.8 | |
| 女 | 総数 (実数) | 100.0 (3,190) | 100.0 (243) | 100.0 (463) | 100.0 (476) | 100.0 (662) | 100.0 (690) | 100.0 (656) | 100.0 (358) | 100.0 (283) | 100.0 (196) | 100.0 (113) | 100.0 (64) |
| | 30 mg/dl 未満 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 0.6 | 0.2 | 0.6 | 0.0 | 0.5 | 0.0 | 0.0 |
| | 30～39 | 3.4 | 0.8 | 1.1 | 2.5 | 2.3 | 4.2 | 6.7 | 5.6 | 6.4 | 7.7 | 6.2 | 6.3 |
| | 40～49 | 13.2 | 7.4 | 7.3 | 9.5 | 10.9 | 19.3 | 18.3 | 20.9 | 17.7 | 16.8 | 21.2 | 20.3 |
| | 50～59 | 22.8 | 18.5 | 17.5 | 21.4 | 22.1 | 26.4 | 26.1 | 25.1 | 25.4 | 26.0 | 28.3 | 25.0 |
| | 60～69 | 25.8 | 28.4 | 28.5 | 26.9 | 28.1 | 23.3 | 22.4 | 26.3 | 23.7 | 20.9 | 19.5 | 26.6 |
| | 70～79 | 17.9 | 24.3 | 23.1 | 21.2 | 15.9 | 13.5 | 16.2 | 10.9 | 17.3 | 14.8 | 17.7 | 12.5 |
| | 80～89 | 10.5 | 11.9 | 13.0 | 11.1 | 14.0 | 8.3 | 6.4 | 6.4 | 4.6 | 8.7 | 5.3 | 9.4 |
| | 90～99 | 4.2 | 5.8 | 5.0 | 5.5 | 4.2 | 3.2 | 3.0 | 3.4 | 3.5 | 4.1 | 1.8 | 0.0 |
| | 100 以上 | 2.1 | 2.9 | 4.5 | 1.9 | 2.4 | 1.3 | 0.8 | 0.8 | 1.4 | 0.5 | 0.0 | 0.0 |
| | 40 以上(再掲) | 96.5 | 99.2 | 98.9 | 97.5 | 97.6 | 95.2 | 93.1 | 93.9 | 93.6 | 91.8 | 93.8 | 93.8 |
| 平均値 mg/dl | 64.6 | 68.9 | 69.6 | 66.6 | 66.2 | 60.8 | 60.2 | 59.5 | 60.6 | 60.8 | 58.9 | 59.0 | |
| 標準偏差 | 15.6 | 14.2 | 15.4 | 15.0 | 15.5 | 15.5 | 14.8 | 14.9 | 15.2 | 15.4 | 13.6 | 13.5 | |

◆第32表の2◆ HDL-コレステロール値の分布 (性・年齢階級別)

| | | (%) | | | | | | | | | | | |
|-----------|-------------|------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|
| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～69歳 | (再掲) 70～74歳 | (再掲) 75～79歳 | (再掲) 80～84歳 | (再掲) 85歳以上 |
| 男 | 総数 (実数) | 100.0 (1,954) | 100.0 (161) | 100.0 (260) | 100.0 (264) | 100.0 (378) | 100.0 (461) | 100.0 (430) | 100.0 (230) | 100.0 (198) | 100.0 (129) | 100.0 (69) | 100.0 (34) |
| | 30 mg/dl 未満 | 1.3 | 0.0 | 1.2 | 1.5 | 0.3 | 2.2 | 1.6 | 3.0 | 2.5 | 0.8 | 1.4 | 0.0 |
| | 30～39 | 11.4 | 5.0 | 8.5 | 11.4 | 12.7 | 12.6 | 13.3 | 13.5 | 15.2 | 13.2 | 7.2 | 14.7 |
| | 40～49 | 23.2 | 17.4 | 21.5 | 22.7 | 22.8 | 24.5 | 25.6 | 25.2 | 25.3 | 27.1 | 24.6 | 23.5 |
| | 50～59 | 27.1 | 31.7 | 30.8 | 27.7 | 25.7 | 24.9 | 26.5 | 26.1 | 23.2 | 29.5 | 27.5 | 32.4 |
| | 60～69 | 18.4 | 26.1 | 17.7 | 18.2 | 18.5 | 18.7 | 15.6 | 18.7 | 16.7 | 10.9 | 20.3 | 17.6 |
| | 70～79 | 11.5 | 13.0 | 11.5 | 7.6 | 12.4 | 11.1 | 12.8 | 8.7 | 11.6 | 12.4 | 17.4 | 11.8 |
| | 80～89 | 4.5 | 3.7 | 5.4 | 4.9 | 5.6 | 4.3 | 3.3 | 2.6 | 4.5 | 3.1 | 1.4 | 0.0 |
| | 90～99 | 1.9 | 2.5 | 3.1 | 4.5 | 1.1 | 1.3 | 0.7 | 2.2 | 1.0 | 0.8 | 0.0 | 0.0 |
| | 100 以上 | 0.8 | 0.6 | 0.4 | 1.5 | 1.1 | 0.4 | 0.7 | 0.0 | 0.0 | 2.3 | 0.0 | 0.0 |
| | 40 以上(再掲) | 87.3 | 95.0 | 90.4 | 87.1 | 87.0 | 85.2 | 85.1 | 83.5 | 82.3 | 86.0 | 91.3 | 85.3 |
| 平均値 mg/dl | 56.2 | 59.4 | 57.7 | 56.9 | 56.5 | 54.9 | 54.6 | 53.3 | 54.1 | 55.1 | 56.4 | 52.9 | |
| 標準偏差 | 15.2 | 13.5 | 15.1 | 16.7 | 15.1 | 15.3 | 14.7 | 14.7 | 14.4 | 16.8 | 12.6 | 12.1 | |
| 女 | 総数 (実数) | 100.0 (2,842) | 100.0 (242) | 100.0 (458) | 100.0 (467) | 100.0 (603) | 100.0 (559) | 100.0 (513) | 100.0 (288) | 100.0 (215) | 100.0 (145) | 100.0 (95) | 100.0 (58) |
| | 30 mg/dl 未満 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.2 | 0.7 | 0.0 | 0.7 | 0.0 | 0.0 |
| | 30～39 | 3.2 | 0.8 | 0.9 | 2.6 | 2.3 | 4.1 | 7.0 | 5.9 | 6.0 | 8.3 | 7.4 | 6.9 |
| | 40～49 | 13.0 | 7.4 | 7.4 | 9.0 | 10.9 | 20.2 | 18.9 | 21.9 | 20.0 | 14.5 | 22.1 | 20.7 |
| | 50～59 | 22.6 | 18.2 | 17.2 | 21.4 | 21.4 | 27.0 | 27.1 | 26.0 | 25.6 | 29.7 | 27.4 | 25.9 |
| | 60～69 | 25.7 | 28.5 | 28.8 | 27.4 | 28.2 | 22.4 | 20.9 | 26.7 | 21.4 | 17.9 | 21.1 | 25.9 |
| | 70～79 | 18.4 | 24.4 | 23.4 | 21.2 | 16.6 | 13.1 | 16.6 | 9.0 | 17.7 | 17.2 | 15.8 | 12.1 |
| | 80～89 | 10.6 | 12.0 | 12.9 | 11.1 | 13.6 | 8.4 | 6.0 | 5.9 | 4.7 | 7.6 | 5.3 | 8.6 |
| | 90～99 | 4.2 | 5.8 | 4.8 | 5.4 | 4.5 | 3.0 | 2.5 | 2.8 | 3.3 | 3.4 | 1.1 | 0.0 |
| | 100 以上 | 2.2 | 2.9 | 4.6 | 1.9 | 2.5 | 1.3 | 0.8 | 1.0 | 1.4 | 0.7 | 0.0 | 0.0 |
| | 40 以上(再掲) | 96.7 | 99.2 | 99.1 | 97.4 | 97.7 | 95.3 | 92.8 | 93.4 | 94.0 | 91.0 | 92.6 | 93.1 |
| 平均値 mg/dl | 64.8 | 68.9 | 69.6 | 66.7 | 66.4 | 60.6 | 59.7 | 58.7 | 60.1 | 60.7 | 58.1 | 58.7 | |
| 標準偏差 | 15.6 | 14.2 | 15.3 | 14.9 | 15.5 | 15.4 | 14.8 | 14.8 | 15.3 | 15.4 | 13.5 | 13.4 | |

注) コレステロールを下げる薬服用者除外。

◆第33表◆ 血中コチニン濃度の分布 (性・年齢階級別)

(%)

| | | 総 数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 |
|---------|--------------|------------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 全 国 | 総 数 (実 数) | 100.0 (1,207) | 100.0 (90) | 100.0 (166) | 100.0 (179) | 100.0 (248) | 100.0 (268) | 100.0 (256) |
| | 1.0 ng/ml 未満 | 51.3 | 33.3 | 41.6 | 35.8 | 43.1 | 62.3 | 71.1 |
| | 1.0～2.0未満 | 17.3 | 20.0 | 23.5 | 23.5 | 17.7 | 11.9 | 13.3 |
| | 2.0～3.0 | 3.1 | 5.6 | 1.8 | 2.8 | 4.4 | 3.7 | 1.6 |
| | 3.0～4.0 | 1.2 | 1.1 | 0.6 | 1.1 | 2.4 | 1.1 | 0.4 |
| | 4.0～5.0 | 0.6 | 1.1 | 0.6 | 0.6 | 0.4 | 1.1 | 0.0 |
| | 5.0～20 | 1.2 | 1.1 | 0.0 | 1.1 | 2.0 | 1.1 | 1.2 |
| | 20～50 | 2.0 | 4.4 | 3.6 | 2.8 | 2.0 | 0.4 | 1.2 |
| | 50～100 | 2.9 | 2.2 | 1.8 | 2.8 | 3.6 | 3.4 | 2.7 |
| | 100～200 | 6.9 | 8.9 | 8.4 | 9.5 | 5.6 | 7.1 | 4.3 |
| | 200～300 | 7.3 | 13.3 | 9.6 | 10.1 | 9.7 | 4.1 | 2.7 |
| | 300～400 | 3.6 | 5.6 | 3.6 | 5.6 | 4.4 | 3.0 | 1.2 |
| | 400～500 | 1.4 | 2.2 | 1.8 | 2.8 | 2.8 | 0.0 | 0.0 |
| | 500ng/ml以上 | 1.3 | 1.1 | 3.0 | 1.7 | 1.6 | 0.7 | 0.4 |
| 平 均 値 | 58.1 | 86.9 | 79.3 | 84.8 | 72.0 | 39.0 | 22.5 | |
| 標 準 偏 差 | 121.1 | 135.2 | 146.5 | 145.3 | 133.2 | 94.9 | 69.9 | |
| 男 | 総 数 (実 数) | 100.0 (478) | 100.0 (34) | 100.0 (62) | 100.0 (67) | 100.0 (87) | 100.0 (118) | 100.0 (110) |
| | 1.0 ng/ml 未満 | 38.1 | 14.7 | 16.1 | 19.4 | 23.0 | 54.2 | 63.6 |
| | 1.0～2.0未満 | 13.6 | 23.5 | 27.4 | 14.9 | 9.2 | 10.2 | 9.1 |
| | 2.0～3.0 | 1.5 | 2.9 | 0.0 | 3.0 | 1.1 | 1.7 | 0.9 |
| | 3.0～4.0 | 0.8 | 2.9 | 0.0 | 0.0 | 3.4 | 0.0 | 0.0 |
| | 4.0～5.0 | 0.4 | 2.9 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 5.0～20 | 1.9 | 0.0 | 0.0 | 1.5 | 4.6 | 1.7 | 1.8 |
| | 20～50 | 2.3 | 2.9 | 3.2 | 3.0 | 3.4 | 0.8 | 1.8 |
| | 50～100 | 4.0 | 0.0 | 1.6 | 3.0 | 3.4 | 5.9 | 5.5 |
| | 100～200 | 12.3 | 17.6 | 16.1 | 13.4 | 9.2 | 12.7 | 10.0 |
| | 200～300 | 12.1 | 14.7 | 16.1 | 16.4 | 20.7 | 6.8 | 5.5 |
| | 300～400 | 6.7 | 11.8 | 6.5 | 13.4 | 9.2 | 5.1 | 0.9 |
| | 400～500 | 3.3 | 5.9 | 3.2 | 7.5 | 8.0 | 0.0 | 0.0 |
| | 500ng/ml以上 | 2.9 | 0.0 | 8.1 | 4.5 | 4.6 | 0.8 | 0.9 |
| 平 均 値 | 108.2 | 132.9 | 153.2 | 172.9 | 160.2 | 64.5 | 41.5 | |
| 標 準 偏 差 | 155.2 | 150.6 | 189.1 | 186.6 | 174.2 | 110.5 | 88.0 | |
| 女 | 総 数 (実 数) | 100.0 (729) | 100.0 (56) | 100.0 (104) | 100.0 (112) | 100.0 (161) | 100.0 (150) | 100.0 (146) |
| | 1.0 ng/ml 未満 | 59.9 | 44.6 | 56.7 | 45.5 | 54.0 | 68.7 | 76.7 |
| | 1.0～2.0未満 | 19.8 | 17.9 | 21.2 | 28.6 | 22.4 | 13.3 | 16.4 |
| | 2.0～3.0 | 4.3 | 7.1 | 2.9 | 2.7 | 6.2 | 5.3 | 2.1 |
| | 3.0～4.0 | 1.4 | 0.0 | 1.0 | 1.8 | 1.9 | 2.0 | 0.7 |
| | 4.0～5.0 | 0.7 | 0.0 | 0.0 | 0.9 | 0.6 | 2.0 | 0.0 |
| | 5.0～20 | 0.7 | 1.8 | 0.0 | 0.9 | 0.6 | 0.7 | 0.7 |
| | 20～50 | 1.8 | 5.4 | 3.8 | 2.7 | 1.2 | 0.0 | 0.7 |
| | 50～100 | 2.2 | 3.6 | 1.9 | 2.7 | 3.7 | 1.3 | 0.7 |
| | 100～200 | 3.3 | 3.6 | 3.8 | 7.1 | 3.7 | 2.7 | 0.0 |
| | 200～300 | 4.1 | 12.5 | 5.8 | 6.3 | 3.7 | 2.0 | 0.7 |
| | 300～400 | 1.5 | 1.8 | 1.9 | 0.9 | 1.9 | 1.3 | 1.4 |
| | 400～500 | 0.1 | 0.0 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 500ng/ml以上 | 0.3 | 1.8 | 0.0 | 0.0 | 0.0 | 0.7 | 0.0 |
| 平 均 値 | 25.3 | 59.0 | 34.8 | 32.0 | 24.3 | 18.9 | 8.2 | |
| 標 準 偏 差 | 76.1 | 117.8 | 88.4 | 75.3 | 67.3 | 75.1 | 47.8 | |

◆第34表◆ 運動習慣の状況（性・年齢階級別）

| | | (%) | | | | | | | | |
|--------|-------------|------------------|----------------|----------------|----------------|------------------|------------------|------------------|------------------|----------------|
| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～74歳 | (再掲) 75歳以上 |
| 全 国 | 総数 (実数) | 100.0 (6,040) | 100.0 (534) | 100.0 (862) | 100.0 (852) | 100.0 (1,200) | 100.0 (1,280) | 100.0 (1,312) | 100.0 (1,235) | 100.0 (738) |
| | 習慣無（健康上の理由） | 6.7 | 1.5 | 1.7 | 2.5 | 3.6 | 6.9 | 17.5 | 10.8 | 20.5 |
| | 習慣無（その他） | 67.1 | 80.3 | 81.9 | 79.5 | 70.7 | 56.2 | 51.1 | 55.5 | 48.5 |
| | 運動の習慣有 | 26.3 | 18.2 | 16.4 | 18.1 | 25.8 | 37.0 | 31.4 | 33.8 | 31.0 |
| 男 | 総数 (実数) | 100.0 (2,474) | 100.0 (226) | 100.0 (328) | 100.0 (336) | 100.0 (472) | 100.0 (553) | 100.0 (559) | 100.0 (540) | 100.0 (302) |
| | 習慣無（健康上の理由） | 5.1 | 0 | 1.8 | 1.5 | 3.0 | 4.3 | 14.0 | 7.0 | 17.2 |
| | 習慣無（その他） | 65.6 | 77.9 | 76.5 | 78.3 | 73.9 | 56.1 | 48.8 | 54.4 | 45.4 |
| | 運動の習慣有 | 29.3 | 22.1 | 21.6 | 20.2 | 23.1 | 39.6 | 37.2 | 38.5 | 37.4 |
| 女 | 総数 (実数) | 100.0 (3,566) | 100.0 (308) | 100.0 (534) | 100.0 (516) | 100.0 (728) | 100.0 (727) | 100.0 (753) | 100.0 (695) | 100.0 (436) |
| | 習慣無（健康上の理由） | 7.8 | 2.6 | 1.7 | 3.1 | 4.0 | 8.8 | 20.1 | 13.7 | 22.7 |
| | 習慣無（その他） | 68.1 | 82.1 | 85.2 | 80.2 | 68.5 | 56.3 | 52.9 | 56.3 | 50.7 |
| | 運動の習慣有 | 24.1 | 15.3 | 13.1 | 16.7 | 27.5 | 34.9 | 27.1 | 30.1 | 26.6 |

◆第35表◆ 1週間の運動日数（性・年齢階級別）

| | | (%) | | | | | | | | |
|----------|------------|------------------|------------------|----------------|----------------|------------------|------------------|------------------|------------------|----------------|
| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～74歳 | (再掲) 75歳以上 |
| 全 国 | 総数 (実数) | 100.0 (6,040) | 100.0 (534) | 100.0 (862) | 100.0 (852) | 100.0 (1,200) | 100.0 (1,280) | 100.0 (1,312) | 100.0 (1,235) | 100.0 (738) |
| | 運動無し | 73.7 | 81.8 | 83.6 | 81.9 | 74.3 | 63.0 | 68.6 | 66.2 | 69.0 |
| | 2日/週 | 5.2 | 5.2 | 4.3 | 5.8 | 5.2 | 6.2 | 4.6 | 4.6 | 5.0 |
| | 3 | 4.1 | 3.4 | 3.2 | 3.1 | 4.4 | 5.4 | 4.0 | 4.6 | 3.7 |
| | 4 | 2.3 | 1.3 | 1.3 | 2.2 | 2.3 | 3.4 | 2.2 | 3.2 | 1.9 |
| | 5 | 2.8 | 1.3 | 1.7 | 2.0 | 2.9 | 4.2 | 3.0 | 3.1 | 3.7 |
| | 6 | 1.3 | 1.1 | 0.2 | 0.7 | 1.3 | 2.1 | 1.8 | 2.0 | 1.9 |
| | 7日 | 9.0 | 2.4 | 2.9 | 3.5 | 8.3 | 13.9 | 15.0 | 15.1 | 14.2 |
| | 運動有・頻度不明 | 1.6 | 3.4 | 2.7 | 0.8 | 1.3 | 1.7 | 0.7 | 1.1 | 0.7 |
| | 男 | 総数 (実数) | 100.0 (2,474) | 100.0 (226) | 100.0 (328) | 100.0 (336) | 100.0 (472) | 100.0 (553) | 100.0 (559) | 100.0 (540) |
| 運動無し | | 70.7 | 77.9 | 78.4 | 79.8 | 76.9 | 60.4 | 62.8 | 61.5 | 62.6 |
| 2日/週 | | 6.2 | 7.1 | 5.5 | 7.4 | 5.1 | 7.6 | 5.2 | 5.7 | 5.0 |
| 3 | | 4.4 | 4.0 | 4.9 | 2.7 | 3.8 | 5.6 | 4.7 | 5.4 | 4.3 |
| 4 | | 2.1 | 0.9 | 1.8 | 2.1 | 1.7 | 3.1 | 2.3 | 3.5 | 2.0 |
| 5 | | 3.1 | 0.9 | 3.0 | 1.5 | 3.0 | 4.0 | 4.1 | 3.3 | 4.6 |
| 6 | | 1.1 | 0.9 | 0.0 | 0.9 | 1.1 | 1.6 | 1.6 | 1.9 | 2.0 |
| 7日 | | 10.7 | 3.5 | 2.7 | 4.5 | 7.4 | 16.3 | 19.1 | 18.0 | 19.5 |
| 運動有・頻度不明 | | 1.7 | 4.9 | 3.7 | 1.2 | 1.1 | 1.4 | 0.2 | 0.7 | 0.0 |
| 女 | | 総数 (実数) | 100.0 (3,566) | 100.0 (308) | 100.0 (534) | 100.0 (516) | 100.0 (728) | 100.0 (727) | 100.0 (753) | 100.0 (695) |
| | 運動無し | 75.9 | 84.7 | 86.9 | 83.3 | 72.5 | 65.1 | 72.9 | 69.9 | 73.4 |
| | 2日/週 | 4.5 | 3.9 | 3.6 | 4.7 | 5.2 | 5.1 | 4.2 | 3.7 | 5.0 |
| | 3 | 3.8 | 2.9 | 2.2 | 3.3 | 4.8 | 5.2 | 3.5 | 4.0 | 3.2 |
| | 4 | 2.4 | 1.6 | 0.9 | 2.3 | 2.6 | 3.7 | 2.1 | 2.9 | 1.8 |
| | 5 | 2.6 | 1.6 | 0.9 | 2.3 | 2.9 | 4.4 | 2.3 | 2.9 | 3.0 |
| | 6 | 1.5 | 1.3 | 0.4 | 0.6 | 1.5 | 2.5 | 2.0 | 2.2 | 1.8 |
| | 7日 | 7.8 | 1.6 | 3.0 | 2.9 | 8.9 | 12.1 | 12.0 | 12.9 | 10.6 |
| | 運動有・頻度不明 | 1.5 | 2.3 | 2.1 | 0.6 | 1.5 | 1.9 | 1.1 | 1.4 | 1.1 |

◆第36表◆ 運動を行う日の平均運動時間（性・年齢階級別）

（%）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～74歳 | (再掲) 75歳以上 |
|--------|------------|------------------|----------------|----------------|----------------|------------------|------------------|------------------|------------------|----------------|
| 全 国 | 総数 (実数) | 100.0 (6,040) | 100.0 (534) | 100.0 (862) | 100.0 (852) | 100.0 (1,200) | 100.0 (1,280) | 100.0 (1,312) | 100.0 (1,235) | 100.0 (738) |
| | 運動無し | 73.7 | 81.8 | 83.6 | 81.9 | 74.3 | 63.0 | 68.6 | 66.2 | 69.0 |
| | 30分以上60分未満 | 10.8 | 6.0 | 5.2 | 6.1 | 11.8 | 14.6 | 14.7 | 14.7 | 14.6 |
| | 60 120 | 9.8 | 5.6 | 6.3 | 7.6 | 9.9 | 14.4 | 10.7 | 11.7 | 11.1 |
| | 120 180 | 3.8 | 4.5 | 3.8 | 3.2 | 2.8 | 5.3 | 3.5 | 4.8 | 2.7 |
| | 180分以上 | 1.8 | 2.1 | 1.0 | 1.1 | 1.2 | 2.7 | 2.4 | 2.5 | 2.6 |
| | 運動有・時間不明 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 |
| 男 | 総数 (実数) | 100.0 (2,474) | 100.0 (226) | 100.0 (328) | 100.0 (336) | 100.0 (472) | 100.0 (553) | 100.0 (559) | 100.0 (540) | 100.0 (302) |
| | 運動無し | 70.7 | 77.9 | 78.4 | 79.8 | 76.9 | 60.4 | 62.8 | 61.5 | 62.6 |
| | 30分以上60分未満 | 11.0 | 6.2 | 6.4 | 7.1 | 9.7 | 14.5 | 15.4 | 13.9 | 17.5 |
| | 60 120 | 10.7 | 5.3 | 8.5 | 7.7 | 8.1 | 15.2 | 13.8 | 14.1 | 13.6 |
| | 120 180 | 4.6 | 6.6 | 5.2 | 3.9 | 3.4 | 6.1 | 3.6 | 6.1 | 2.3 |
| | 180分以上 | 2.9 | 4.0 | 1.5 | 1.2 | 1.7 | 3.8 | 4.3 | 4.3 | 4.0 |
| | 運動有・時間不明 | 0.1 | 0.0 | 0.0 | 0.3 | 0.2 | 0.0 | 0.2 | 0.2 | 0.0 |
| 女 | 総数 (実数) | 100.0 (3,566) | 100.0 (308) | 100.0 (534) | 100.0 (516) | 100.0 (728) | 100.0 (727) | 100.0 (753) | 100.0 (695) | 100.0 (436) |
| | 運動無し | 75.9 | 84.7 | 86.9 | 83.3 | 72.5 | 65.1 | 72.9 | 69.9 | 73.4 |
| | 30分以上60分未満 | 10.7 | 5.8 | 4.5 | 5.4 | 13.2 | 14.7 | 14.2 | 15.4 | 12.6 |
| | 60 120 | 9.2 | 5.8 | 4.9 | 7.6 | 11.1 | 13.8 | 8.5 | 9.8 | 9.4 |
| | 120 180 | 3.3 | 2.9 | 3.0 | 2.7 | 2.3 | 4.7 | 3.5 | 3.7 | 3.0 |
| | 180分以上 | 1.0 | 0.6 | 0.7 | 1.0 | 0.8 | 1.8 | 0.9 | 1.2 | 1.6 |
| | 運動有・時間不明 | — | — | — | — | — | — | — | — | — |

◆第37表◆ 運動強度の状況（性・年齢階級別）

（%）

| | | 総数 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～74歳 | (再掲) 75歳以上 |
|----------|------------|------------------|------------------|----------------|----------------|------------------|------------------|------------------|------------------|----------------|
| 全 国 | 総数 (実数) | 100.0 (6,040) | 100.0 (534) | 100.0 (862) | 100.0 (852) | 100.0 (1,200) | 100.0 (1,280) | 100.0 (1,312) | 100.0 (1,235) | 100.0 (738) |
| | 運動無し | 73.7 | 81.8 | 83.6 | 81.9 | 74.3 | 63.0 | 68.6 | 66.2 | 69.0 |
| | 高強度 | 2.1 | 4.9 | 3.7 | 2.1 | 1.8 | 1.8 | 0.3 | 1.1 | 0.3 |
| | 中強度 | 8.3 | 7.7 | 7.2 | 8.2 | 9.3 | 11.1 | 5.9 | 8.3 | 4.7 |
| | 低強度 | 15.7 | 5.6 | 5.5 | 7.7 | 14.3 | 23.9 | 25.2 | 24.3 | 26.0 |
| | 運動有・強度不明 | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 0.2 | 0.1 | 0.2 | 0.0 |
| | 男 | 総数 (実数) | 100.0 (2,474) | 100.0 (226) | 100.0 (328) | 100.0 (336) | 100.0 (472) | 100.0 (553) | 100.0 (559) | 100.0 (540) |
| 運動無し | 70.7 | 77.9 | 78.4 | 79.8 | 76.9 | 60.4 | 62.8 | 61.5 | 62.6 | |
| 高強度 | 2.9 | 8.4 | 5.5 | 3.0 | 1.9 | 2.4 | 0.5 | 1.3 | 0.7 | |
| 中強度 | 10.0 | 8.0 | 11.6 | 8.6 | 9.1 | 13.0 | 8.4 | 10.6 | 7.3 | |
| 低強度 | 16.2 | 5.8 | 4.6 | 8.6 | 11.4 | 23.9 | 28.1 | 26.3 | 29.5 | |
| 運動有・強度不明 | 0.2 | 0.0 | 0.0 | 0.0 | 0.6 | 0.4 | 0.2 | 0.4 | 0.0 | |
| 女 | 総数 (実数) | 100.0 (3,566) | 100.0 (308) | 100.0 (534) | 100.0 (516) | 100.0 (728) | 100.0 (727) | 100.0 (753) | 100.0 (695) | 100.0 (436) |
| | 運動無し | 75.9 | 84.7 | 86.9 | 83.3 | 72.5 | 65.1 | 72.9 | 69.9 | 73.4 |
| | 高強度 | 1.5 | 2.3 | 2.6 | 1.6 | 1.8 | 1.4 | 0.1 | 0.9 | 0.0 |
| | 中強度 | 7.2 | 7.5 | 4.5 | 7.9 | 9.3 | 9.6 | 4.0 | 6.5 | 3.0 |
| | 低強度 | 15.5 | 5.5 | 6.0 | 7.2 | 16.2 | 23.9 | 23.0 | 22.7 | 23.6 |
| | 運動有・強度不明 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |

◆第38表◆ 運動習慣別栄養素等摂取量

| 栄養素等別 | 全 国 | | 男 | | 女 | |
|-----------------------------|-------|-------|-------|-------|-------|-------|
| | 習慣有 | 習慣無 | 習慣有 | 習慣無 | 習慣有 | 習慣無 |
| 調 査 人 数 | 1,543 | 3,922 | 710 | 1,575 | 833 | 2,347 |
| エネルギー kcal | 1,987 | 1,961 | 2,220 | 2,239 | 1,789 | 1,775 |
| たんぱく質 g | 75.6 | 72.9 | 82.2 | 81.0 | 69.9 | 67.4 |
| うち動物性 g | 39.3 | 38.2 | 43.2 | 43.2 | 35.9 | 34.9 |
| 脂質 g | 52.8 | 52.9 | 56.9 | 56.8 | 49.2 | 50.2 |
| うち動物性 g | 25.9 | 26.0 | 28.6 | 28.6 | 23.7 | 24.2 |
| 炭水化物 g | 283.8 | 278.6 | 312.2 | 314.8 | 259.6 | 254.3 |
| 食塩 (ナトリウム×2.54/1,000) g | 12.3 | 11.8 | 13.3 | 13.0 | 11.4 | 11.1 |
| カリウム mg | 2,713 | 2,435 | 2,792 | 2,544 | 2,646 | 2,362 |
| カルシウム mg | 602 | 538 | 606 | 546 | 599 | 532 |
| マグネシウム mg | 290 | 265 | 305 | 286 | 277 | 251 |
| リン mg | 1,090 | 1,033 | 1,167 | 1,130 | 1,026 | 969 |
| 鉄 mg | 9.1 | 8.8 | 9.4 | 9.1 | 8.9 | 8.6 |
| 亜鉛 mg | 8.6 | 8.5 | 9.4 | 9.5 | 8.0 | 7.8 |
| 銅 mg | 1.33 | 1.26 | 1.42 | 1.38 | 1.26 | 1.17 |
| ビタミンA μ gRE | 1,081 | 923 | 1,087 | 931 | 1,076 | 919 |
| ビタミンD μ g | 9.5 | 8.8 | 10.2 | 9.9 | 8.9 | 8.1 |
| ビタミンE mg α -TE | 13.8 | 10.7 | 12.8 | 9.9 | 14.7 | 11.2 |
| ビタミンK μ g | 337 | 278 | 337 | 282 | 337 | 276 |
| ビタミンB ₁ mg | 1.64 | 1.66 | 1.61 | 1.75 | 1.66 | 1.60 |
| ビタミンB ₂ mg | 2.43 | 2.14 | 3.16 | 1.61 | 1.82 | 2.49 |
| ナイアシン mgNE | 16.4 | 15.7 | 18.0 | 17.8 | 15.0 | 14.2 |
| ビタミンB ₆ mg | 1.98 | 2.16 | 1.93 | 2.11 | 2.02 | 2.19 |
| ビタミンB ₁₂ μ g | 8.4 | 7.8 | 9.2 | 8.9 | 7.7 | 7.0 |
| 葉酸 μ g | 368 | 328 | 372 | 338 | 364 | 322 |
| パントテン酸 mg | 6.00 | 5.57 | 6.35 | 6.01 | 5.71 | 5.28 |
| ビタミンC mg | 156 | 130 | 145 | 116 | 166 | 139 |
| コレステロール mg | 320 | 331 | 347 | 365 | 297 | 308 |
| 食物繊維 g | 16.8 | 14.9 | 16.8 | 15.2 | 16.7 | 14.8 |
| うち水溶性 g | 3.9 | 3.5 | 3.9 | 3.5 | 3.8 | 3.5 |
| うち不溶性 g | 12.9 | 11.5 | 12.9 | 11.7 | 12.8 | 11.3 |
| 脂肪エネルギー比率 % | 23.6 | 24.1 | 22.7 | 22.6 | 24.3 | 25.1 |
| 炭水化物エネルギー比率 % | 61.1 | 60.9 | 62.4 | 62.8 | 59.9 | 59.7 |
| 動物性たんぱく質比率 % | 50.3 | 50.5 | 50.9 | 51.5 | 49.8 | 49.8 |

注) 妊婦, 「健康上の理由」により運動習慣の無い者除外。

◆第39表◆ 歩行数の平均値及び標準偏差（性・年齢階級別）

| | | 人 数 | 平均歩行数 | 標準偏差 |
|--------|-----------|-------|-------|-------|
| 全 国 | 総 数 | 8,867 | 7,168 | 4,248 |
| | 15～19歳 | 500 | 8,260 | 4,295 |
| | 20～29 | 984 | 8,007 | 4,398 |
| | 30～39 | 1,296 | 7,925 | 3,979 |
| | 40～49 | 1,257 | 7,961 | 4,146 |
| | 50～59 | 1,653 | 7,909 | 4,169 |
| | 60～69 | 1,568 | 7,016 | 4,024 |
| | 70歳以上 | 1,609 | 4,474 | 3,540 |
| | (再掲)65～74 | 1,489 | 6,084 | 3,823 |
| | (再掲)75歳以上 | 912 | 3,687 | 3,265 |
| 男 | 総 数 | 4,089 | 7,575 | 4,580 |
| | 15～19歳 | 240 | 8,718 | 4,600 |
| | 20～29 | 465 | 8,925 | 4,878 |
| | 30～39 | 607 | 8,543 | 4,459 |
| | 40～49 | 592 | 8,044 | 4,477 |
| | 50～59 | 766 | 8,028 | 4,552 |
| | 60～69 | 726 | 7,201 | 4,290 |
| | 70歳以上 | 693 | 4,915 | 3,714 |
| | (再掲)65～74 | 689 | 6,279 | 3,953 |
| | (再掲)75歳以上 | 363 | 4,208 | 3,653 |
| 女 | 総 数 | 4,778 | 6,821 | 3,909 |
| | 15～19歳 | 260 | 7,837 | 3,955 |
| | 20～29 | 519 | 7,185 | 3,735 |
| | 30～39 | 689 | 7,381 | 3,413 |
| | 40～49 | 665 | 7,888 | 3,829 |
| | 50～59 | 887 | 7,807 | 3,806 |
| | 60～69 | 842 | 6,857 | 3,775 |
| | 70歳以上 | 916 | 4,142 | 3,367 |
| | (再掲)65～74 | 800 | 5,915 | 3,702 |
| | (再掲)75歳以上 | 549 | 3,343 | 2,935 |

◆第40表◆ 歩行数の分布（性・年齢階級別）

（％）

| | | 総 数 | 15～19歳 | 20～29歳 | 30～39歳 | 40～49歳 | 50～59歳 | 60～69歳 | 70歳以上 | (再掲) 65～74歳 | (再掲) 75歳以上 |
|--------|--------------|------------------|-----------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|-----------------|
| 全 国 | 総 数 (実 数) | 100.0 (8,867) | 100.0 (500) | 100.0 (984) | 100.0 (1,296) | 100.0 (1,257) | 100.0 (1,653) | 100.0 (1,568) | 100.0 (1,609) | 100.0 (1,489) | 100.0 (912) |
| | 2,000歩未満 | 8.6 | 2.6 | 4.8 | 3.2 | 3.8 | 3.4 | 7.1 | 27.8 | 12.6 | 36.0 |
| | 2,000～ | 15.8 | 12.2 | 13.1 | 11.2 | 12.0 | 12.9 | 17.5 | 26.7 | 21.5 | 29.5 |
| | 4,000～ | 19.1 | 17.6 | 19.9 | 20.1 | 18.7 | 19.7 | 21.0 | 16.3 | 21.1 | 13.3 |
| | 6,000～ | 18.6 | 19.4 | 18.1 | 21.9 | 20.2 | 21.1 | 17.9 | 13.1 | 16.7 | 10.2 |
| | 8,000～ | 15.1 | 18.4 | 14.4 | 17.6 | 18.7 | 16.0 | 16.1 | 8.0 | 12.8 | 6.5 |
| | 10,000歩以上 | 22.6 | 29.8 | 29.7 | 26.0 | 26.6 | 26.9 | 20.3 | 8.0 | 15.4 | 4.6 |
| 男 | 総 数 (実 数) | 100.0 (4,089) | 100.0 (240) | 100.0 (465) | 100.0 (607) | 100.0 (592) | 100.0 (766) | 100.0 (726) | 100.0 (693) | 100.0 (689) | 100.0 (363) |
| | 2,000歩未満 | 7.7 | 2.9 | 5.2 | 2.6 | 4.2 | 3.7 | 7.4 | 23.4 | 12.0 | 31.1 |
| | 2,000～ | 14.9 | 9.6 | 10.1 | 9.9 | 11.5 | 14.2 | 16.5 | 26.3 | 20.5 | 28.4 |
| | 4,000～ | 18.7 | 16.3 | 15.1 | 19.3 | 20.6 | 20.6 | 20.2 | 16.0 | 19.4 | 14.0 |
| | 6,000～ | 17.9 | 20.4 | 16.1 | 20.6 | 19.3 | 17.8 | 16.7 | 15.9 | 18.4 | 12.1 |
| | 8,000～ | 15.3 | 17.5 | 15.9 | 16.6 | 17.6 | 15.7 | 17.5 | 8.1 | 12.8 | 7.2 |
| | 10,000歩以上 | 25.6 | 33.3 | 37.6 | 31.0 | 26.9 | 28.1 | 21.6 | 10.4 | 16.8 | 7.2 |
| 女 | 総 数 (実 数) | 100.0 (4,778) | 100.0 (260) | 100.0 (519) | 100.0 (689) | 100.0 (665) | 100.0 (887) | 100.0 (842) | 100.0 (916) | 100.0 (800) | 100.0 (549) |
| | 2,000歩未満 | 9.4 | 2.3 | 4.4 | 3.6 | 3.5 | 3.3 | 6.8 | 31.1 | 13.0 | 39.2 |
| | 2,000～ | 16.7 | 14.6 | 15.8 | 12.3 | 12.5 | 11.8 | 18.4 | 27.1 | 22.4 | 30.2 |
| | 4,000～ | 19.5 | 18.8 | 24.3 | 20.9 | 17.0 | 18.9 | 21.6 | 16.6 | 22.5 | 12.8 |
| | 6,000～ | 19.3 | 18.5 | 19.8 | 23.1 | 21.1 | 23.9 | 19.0 | 11.0 | 15.3 | 8.9 |
| | 8,000～ | 15.0 | 19.2 | 13.1 | 18.4 | 19.7 | 16.2 | 15.0 | 8.0 | 12.8 | 6.0 |
| | 10,000歩以上 | 20.1 | 26.5 | 22.5 | 21.6 | 26.3 | 25.8 | 19.2 | 6.2 | 14.1 | 2.9 |

